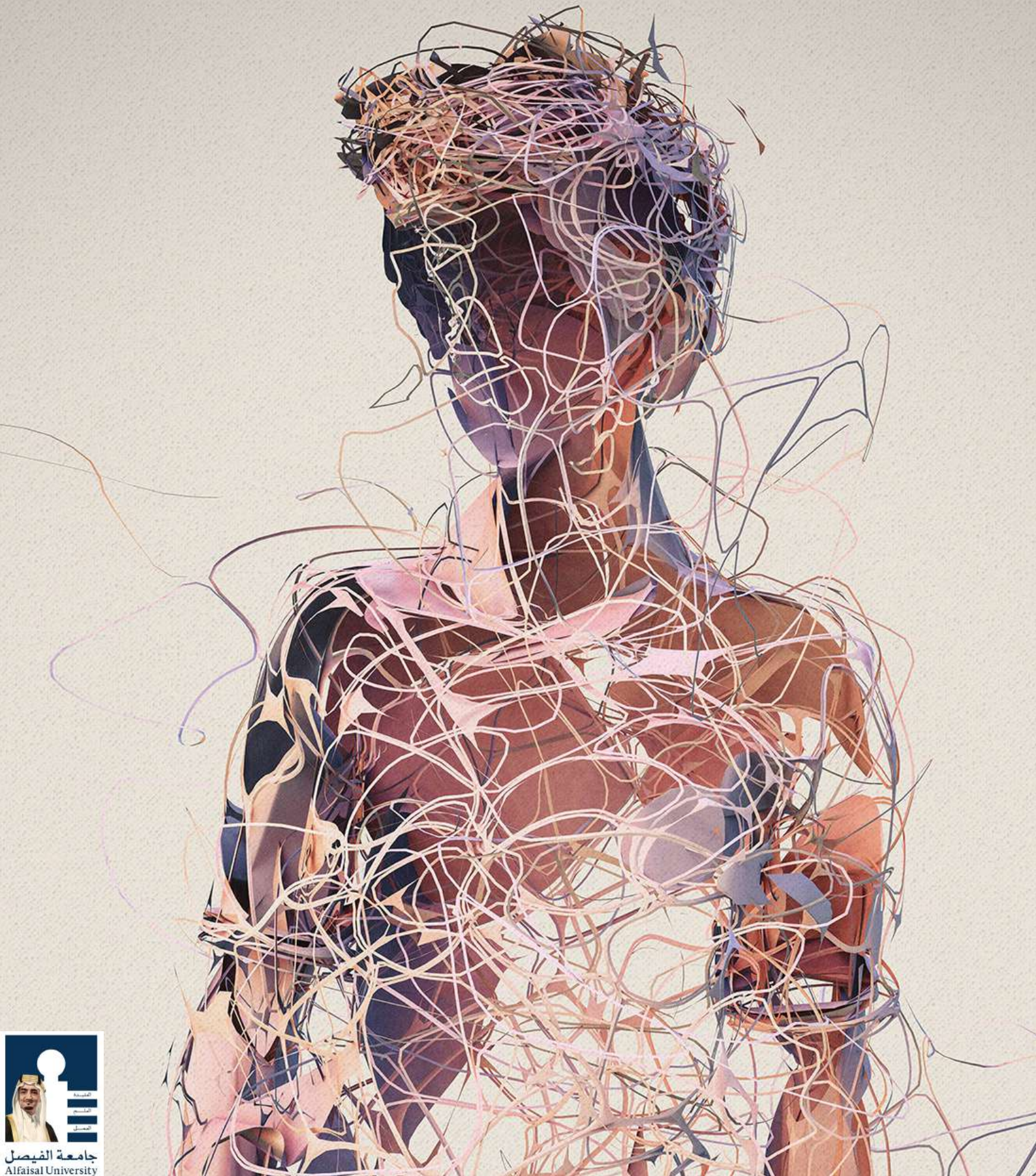


# MED TIMES

YEARBOOK 2019-2020









# THE BEGINNING



# From the Editor's Pen

Without further ado, we are pleased to announce the final closure of this year. Home to countless memories and talent. Starring a Pandemic. Various standpoints fitting a wider audience. The fruits of your labor compiled in one book. Aka the Yearbook 2020 .

The passion every artist has put into their work is readily apparent and it truly represents the breadth of perspectives which makes Alfaisal unique. We received a number of excellent submissions and it was wonderful to see the diverse topics to which the writers have devoted themselves.

Our Yearbooks have always revolved around one goal. And that is, medicine isn't the only thing that defines you. That final degree holds more than just the license to treat patients. It reflects your medical journey with everything else you've gained in half a decade. So, don't stop to discover your passion because we are but empty souls without happiness. Each one of us has a bunch of talents waiting to be discovered.

To break it to you, college is not always a bed of roses as one is told to expect. No doubt there is a lot to learn from the first step into the building, that will forever be your second home. Growth here is not exponential nor is it linear; it is the most haphazard curve you will come across. Over these 6 years approximately, you will learn to find your wave and tune it to a baseline. The All-time Basketball Legend, Kobe Bryant once said: "I have self-doubt. I have insecurity. I have fear of failure. I have nights when I show up at the arena and I'm like, 'My back hurts, my feet hurt, my knees hurt. I don't have it. I just want to chill.' We all have self-doubt. You don't deny it, but you also don't capitulate to it. You embrace it." Even the greatest use the simple formula of finding your inner art. It's important to switch your failures into lessons and inspire others to do the same. You are always better than what you think you are.

On a final note, being the Editor-In-Chief for two consecutive years has given me so much exposure to explore something I'm very passionate about: Writing. I can confidently say we are all hand-men with hidden crafts, once you find something that gives you happiness, perfect that art!



Eman Nayaz Ahmed

Editor-In-Chief, Med Times



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THE END





## *A Message from the President Dr. Mohammed AlHayaza*

As we celebrate Alfaisal's 12th anniversary, and our University's 8th graduating class from the College of Medicine, I would like to take this opportunity to congratulate our seniors and to tell our underclassmen that feel graduation will not come soon enough for them:

Make the most of every moment at Alfaisal, enjoy!

You will be striding across that stage all too soon, so just enjoy every step of your journey at Alfaisal while you can for once you are up on that stage and your name is called to receive your degree – I want you to exit stage left with no regrets.

It has been a privilege to observe your journey first-hand as well as to see it documented and illustrated so superbly once again in this fine issue of Med Times. Such an ambitious pursuit of excellence by our students of medicine in both their scholarly and extracurricular achievement serves to further their holistic education in so many ways. Most noteworthy, however, is the observation that they are not just preparing themselves to meet the academic challenges of their chosen profession, but rather they are preparing themselves to meet the challenges of a life in their chosen profession of medicine, as well.

On behalf of our administration, our faculty, and our staff we applaud - you - our students as well as the consistent effort that you put into your academics and extracurricular activities. Truly, we are so very proud of all of our students, and the path that they have all taken to make it here at Alfaisal. Enjoy!

*Dr. Mohammed Al Hayaza*

# *A Message from HRH Dr. Maha Alsaud*

## *WELCOME TO YOUR DREAM*

Congratulations on receiving your Medical Degree!

You have made us all proud. This recognition is surely deserved and will give you an opportunity to spread your wings. Over the past 12 years, our College of Medicine students at Alfaisal University have been demonstrating the excellent results achieved by the best minds around the world coming together to do the critical work. Collaborating with global partnerships of multi-disciplinary teams, top medical professionals, reputable and recognized researchers to give us the edge to accomplish what we aspire for.

Let us reflect on our shared responsibilities towards our patients at the grassroots level; together, we shall fulfill this dream. I know that your career will benefit from the same commitment, discipline, and effort that you devoted to your academic work. I wish you the best.

*Dear 2020 Doctors,  
Welcome to your Dream.*

*Dr. Maha Al Saud*





## *A Message from the Dean*

### *Dr. Khaled AlKattan*

Another year has passed by, bearing multiple success stories.

To me, the success story of each graduate, was what made the success story of the College of Medicine to be ranked as number one in Saudi Arabia.

Your parents did their best, and our faculty were there to teach you but your motivated personality is what was needed to complete this beautiful picture of you that we shared on the graduation day.

Congratulations to each graduate for her or his achievements. Being Alfaisal graduates, indicates that each one of you is a special student and I have no doubt, that in few years you will be leaders in the field you choose.

Keep up the hard work and dedication, remember that now you have a bigger responsibility as a doctor; towards your patients and your colleagues.

We will never forget our graduates and we hope you remain in contact with Alfaisal, as for every success you make, we will be the first to congratulate you and share your happiness.

We are proud of you all and we pray that Allah will always be with you in this new journey of your professional life.

*Dr. Khaled Al-Kattan*



# *A Message from the Vice Dean*

## *Dr. Akef Obeidat*

Yet another amazing Med Times team and another amazing yearbook. We are all very proud of you. As this year comes to a close, it is remarkable seeing the progress within this institution. We, together, have made it to the list of top institutions in the Middle East. It truly proves that anything can be achieved given the dedication and commitment. From one achievement to another, the Alfaisal family never ceases to impress, and I'm sure the upcoming year will be no exception so long as everyone continues to cherish this motivation and energy.

To everyone who contributed to Med Times's success over the years, I'd like to thank you all for your wholeheartedness, drive, and diligence. May another 100 years of greatness pass.

To this year's graduating students, congratulations! I wish you the best of luck in your future endeavors.

*Dr. Akef Obeidat*





## A Message from Med Times Director Tala Abedalqader

*Dear readers,*

Let me start by extending my gratitude to everyone for their patience regarding the release of the 2019-2020 Yearbook. We hit a lot of snags along the way, but the important thing is that we are finally here. Despite the obstacles, I'm glad we got the opportunity to publish this yearbook, if only for the sake of our dear friends and colleagues in the 8th batch. Now, let's get down to business.

My sincerest congratulations to all members of the 8th batch, class of 2020. You guys have been more than just our seniors, always lending a helping hand without question and extending your friendship to us inside and outside of the university. Many of you have been an inspiration to a lot of your juniors, including myself. You set an example that we aspired to follow, and you have done so spectacularly.

Whether as part of extracurricular clubs at Alfaisal or as academic achievers, you have set the bar high. I'm proud and honored that I have gotten to know so many of you, and I hope our relationship will continue outside the confines of our shared college experience.

As I was working on this yearbook, I have attempted to make it into a piece of work that is both pleasing to the eye and stimulating to the mind. And, I hope we were able to achieve just that. In the end, my only wish is that you enjoy flipping through the pages of this book and that it serves as a memento to all your wonderful moments at Alfaisal University.



The list of people who have helped make this yearbook a success is long...

First and foremost, I would like to thank Dr. Mohammed Alhayaza, HRH Dr. Maha AlSaud, Dr. Khaled Al Kattan, and Dr. Akef Obeidat for their continuous support and for enabling an environment in which the achievements of Alfaisal students have been made possible. I want to emphasize my gratitude and appreciation for Dr. Akef's immense support, help, and advice throughout our years at Alfaisal University.

Special thanks go to the Vice Director of the Med Times Committee, Nadine Ashraf, for her hard work throughout the year and for her valuable inputs and opinions on all matters, small or big.

Greatest applause should go to the Med Times Team 2019-2020, without whom none of this would've come to fruition. As the Editor-in-Chief, Eman Nayaz Ahmed, who has been there every step of the way, from reviewing and editing articles, evaluating the designs and providing fantastic ideas. Under the guidance of Safwan Urooj Abbasi, the members of the Writing Team have once again exceeded expectations in their writings and portrayed such unique talent. Senan Shawaf, with the members of the Photography Team have proven to be an invaluable asset to the committee, popping into events to capture just the right moments, their work evident in most of this issue. Yara Hani and Mayar Alatout deserve their own thanks for their exceptional contribution last year and continuing on this year. Many thanks are also due to the rest of the heads of the Med Times Committee 2019-2020: Ayesha Ambia, Sarah Alrashdan, and Lana Arbili.

My immense gratitude is extended to Abdullah Tajeddin, Yearbook Coordinator. Your help, as always, has been invaluable. Your attention to detail, though maddening at times, has been a priceless asset in making this yearbook issue the best it can be. The jokes sprinkled among the more professional advice you gave, sure was a nice break from the drone of work. More importantly, your "advertising" abilities were fantastic in getting your batch to participate more in their final yearbook.

Of course, we can't forget about Braa Arefi, aka the "Ambassador", whose support and help has been endless throughout the years. You are always there when we need it, and I can only hope we have been of some small help to you. Thank you for your friendship and for all you have done!

Finally, thank you to the MSA Team 2019-2020! It has truly been a pleasure working with you all. Furthermore, thank you to this year's MSA Team and Med Times Team, you have been wonderful to work with.

*Peace out.*

*Tala Abedalqader*

# Medical Student Association





**Presidential Office**  
Oudai Alsahwan  
Fatima Aidaroos  
Ahmed Arrowsmith



**Treasury & Sponsorship**  
Abdulrahman Abuzubaydah  
Hadeel Alarfaj



**Public Relations**  
Anas Ashour  
Sarah Alkonizy



**Growth & Development**  
Maha Nassar  
Ghaith Meir



**Events Team**  
Ahmed Khedr  
Zahraa Alqassab



**Waman Ahyaha**  
Aya Meqradh  
Mhd Anas Alsibai



**Quality & Support**  
Abdulrahman Alturkmani  
Muna Albashari



**International Office**  
Ismail Shakir  
Randa Yasin



**Med Times**  
Tala Abedalqader  
Nadine Ashraf



# MEDICAL STUDENT ASSOCIATION 2019-2020

## *A Message from the President, Oudai Alsaifan*

So I'm sitting here, at my desk, reminiscing all the memories I made during my time at the Medical Student Association (MSA) somehow trying to compile a few coherent sentences for this article. I've got to tell you, it wasn't easy, and in massive part due to the plethora of experiences that was MSA.

But let's take a step back to when I was a UPP student. When I first heard about MSA from a friend, I still remember looking at it with a deep sense of respect and admiration. The very idea of having such a vast club, wholly run by students, captivated my attention and piqued my interest, to say the least. I also vividly remember going back home that same night and following them on all their social media accounts, as I was quite curious as to what they had been up to at that time. If you told me back then that I would be running for MSA's presidency in two years, I would probably do a spit-take because the whole notion of me running for office was wild to me, let alone winning it.

Fast forward to three years, and I say with complete certainty that it was an absolute pleasure to serve the student body and dedicate time and effort by contributing to MSA's prosperity and progress. Although it would be remarkably tiring at times, it also gave me memories that I will deeply cherish forever and flashbacks that decorate my memory. I would like to extend my gratitude to Dr. Khaled AlKattan for his endless support to the MSA and Dr. Akef Obeidat for his continuous assistance and supervision in both, the MSA and me personally. Needless to mention, my Vice-President Fatima AlAidaros, our General-Secretary Ahmed Arrowsmith, and the outstanding MSA 2019-2020 board, you folks nailed it! To my beloved family who kept supporting me even though I'd show up past midnight sometimes and leave early in the morning without getting the chance to say a simple hello; and to my friends, Baraa AlHallaq, Abdulrahman Ba-Qatyan, Tariq Fadul, and Ahmad Salam, you were the best support system one could ever ask for.

Last but not least, to those without whom we could never achieve what we achieved, to those around whom the MSA will always be centered, for those whom the MSA will continue thriving and improving, to you, the reader, our student body, a sincere thank you.

Yours truly,







**MSA Team 2019-2020**

Ismail Shakir, Abdulrahman Abuzubaydah, Abdulrahman Alturkmani, Anas Ashour, Anas Sibai, Ghath Meir, Ahmed Khedr, Ahmed Arrowsmith, Oudal Sahwan, Dr, Khaled Al-Kattan, Dr. Aket Obeidat, Fatima Alaidaroos Maha Nassar, Sarah Alkhonizy, Aya Megradh, Zahraa AlQassab, Randa Yasin, Tala Abedalqader

## **INTRODUCTION TO ARO**

Building on years of legacy, the Alfaisal COM Alumni Relations Office (ARO) evolved from its predecessor, the Alfaisal Medical Alumni Association (AMAA) in 2019. While upholding the same core values as the AMAA – teamwork, networking, and support – ARO was integrated into the COM International Office (IO), expanding its reach, consolidating its presence and widening the range of opportunities it offers.

It all began with the realization that Alfaisal was a young, close-knit yet rapidly growing family that was venturing out all across the globe, thus making it critical to maintain communication links between the university and its alumni. ARO works towards facilitating a bi-directional transfer of knowledge, experience and skills between the alumni and current students. Additionally, ARO is working on offering alumni a wide range of services and offers. By harnessing the power of selflessness, we can enhance the Alfaisal experience for current students and alumni, while giving back to this institution that gave us limitlessly.

In this article, the various aspects of the Alumni Relations Office are discussed to give you a glance of who we really are!

## **THE DIGITAL ALUMNI PLATFORM AND ONLINE E-DIRECTORY**

The Digital Alumni Platform aims to empower Alfaisal Alumni and students to connect and meaningfully engage with each other. This community software, synced with social and professional networks, combines news on upcoming events, learning and careers opportunities and much more! The online e-directory provides a database of former graduates, which is updated as they progress through their careers. This allows members to perform searches based on speciality, location and year of graduation. The heart of this alumni engagement is rooted in offering access to a willing network, available on every device, everywhere!

This provides a forum for alumni to form new friendships and business relationships with people of similar background and interests, helping one another with career services. Older alumni can post any job openings or learning opportunities related to their fields and hence support the newer graduates. Graduates with similar interests can start local chapters and



develop mini-communities, which can then organize their own events and activities. Alumni can volunteer to become part of mentorship programs and help guide current students towards achieving their goals. A variety of benefits and services are provided to these mentors in return for their services.

## ALUMNI MEET

Alumni meet is a fun way to re-connect our alumni with the College. It aims to bring an element of nostalgia and take the alumni right back to their golden days as a medical student.

The meet is the first of its kind initiative to be held at the university, which seeks to bring together all our alumni, right from our very first graduates to those who graduated recently. The purpose of the meet is to celebrate our alumni who are now working in various medical fields both locally and internationally. An event filled with countless fun activities, friendly competitions, food and drinks, the meet is a great way to connect with old friends and relive old memories. It also serves as a great opportunity for the alumni to interact with each other and share their experiences. The event is an excellent means which allows alumni to maintain strong connections with their alma mater and with other fellow alumni.

## LOCAL CHAPTERS

With our alumni busy with their training and careers, it is expected that not all of them will be able to attend an Alumni Meet hosted in Riyadh. Therefore, an excellent initiative by the ARO is the 'Local Chapters', wherein we localize alumni in various cities or states, and connect them to each other, so they have a chance to meet up amongst themselves. The goal of this program isn't merely limited to local alumni gatherings, but also creating everlasting networks between the alumni via Whatsapp, LinkedIn and other applications, inevitably creating a family-like environment full of mutual assistance.

## COUNSELING PROGRAM

Yet another exciting use of the digital platform is the career counseling program, where alumni will be able to mentor students ranging from 5th years all

the way to fresh residents. The platform will allow students to apply for a mentor based on the career path they wish to follow- be it research, medical education or residency in a particular field. Through this service, the gap between students and the alumni will be bridged, as the mentors can avail the option of chatting, setting up meetings and much more, to guide the fresh graduates or new residents through the process.

## BENEFITS OFFERED BY THE ARO

Undoubtedly, the alumni are a great asset to our university and a source of immense knowledge and experience for our current students. Needless to say, their advice and other engagements with the students will gain them our endless respect and admiration. However, as a token of gratitude, we, along with the help of the General Affairs department, also offer our alumni certain benefits that may come in handy along their career. This includes but is not limited to discounts on flights, online databases (such as UpToDate), health insurance, medical wear and much more.

## USMLE EXPERIENCE BOOKLET

One of our most notable achievements last year was the USMLE experience booklet, a project that was initiated by Dr. Khalid jazieh and Noor Salloum a few years ago. The main founders of this project were determined to not let the juniors go through the same challenges that they experienced hoping to make the process a little more smoother and easier than theirs.

The purpose of the booklet was to gather the experience of Alfaisal medical students taking the USMLE and synthesizing it into a comprehensive report that would provide evidence-based guidance and recommendations to all students preparing and planning to take the USMLE.

The report included a descriptive analysis of over 50 medical students who had attempted the USMLE and their academic and USMLE characteristics as well as associated information regarding their preparation. It also attempted to answer some of the critical step-1 related questions by testing for different correlations such as Step 1 Score and GPA, number of FA and Uworld passes, study duration and more. Towards the end of the booklet were



valuable pieces of advice by our seniors and finally, as a bonus, a list of residency programs our graduates have received invitations and interviews from over the years.

## MEDHUB

Alfaisal MedHub is an initiative under the umbrella of the International Office, CoM that aims to create an online global community of medical students. Alfaisal MedHub is the brainchild of Dr. Ismail Shakir who together with Dr. Omar Javed, and the IO realized the potential of taking Alfaisal students' and alumni's activities and their voices to a global platform.

Alfaisal MedHub covers a broad range of topics that are common to medical students all around the world. The different domains covered include:

Career Guidance Series - consists of the Residency Preparatory Courses for US, KSA, UK, Germany and Canada as well as the Masters and PhD pathway.

Professional and personal Development - including how to write a CV and personal statement, as well as mock residency interviews with alumni.

Scientific research training and courses such as the Alfaisal Medical Research Course (AMRC), basic research course, clinical research course.

Podcasts - discussing various aspects of medical education through personal experiences of students, alumni and faculty.

Leading the Alfaisal MedHub platform are Belal Sabbah and Eman Javed with many exciting ideas in stock and much energy to share!

Make sure to follow the social media handles - *Twitter and Instagram: (@alfaisal\_medhub)*

## ALFAISAL MEDHUB PODCASTS

Alfaisal MedHub podcasts is an initiative by the International Office at Alfaisal University College of Medicine, which aims to create a global virtual medical community where guest speakers shed some light on various aspects of life in medicine through their anecdotal experiences.

The Alfaisal Medhub Podcasts aims to have a very holistic coverage of topics on its platform to support and enhance the growth of its listeners in their medical journey. Discussions will cover a wide range of areas under professional and personal development such as career guidance, residency highlights, work-life balance, self-sustenance, importance of mental and physical health in the field and much more. While knowledge and advice on academic excellence will be thoroughly addressed, podcasts will also shed some light on non-academic trivia such as dissection of medical dramas and books, addressing controversial ethical cases and the importance of inculcating hobbies, among many others.

Guest speakers include alumni, students and faculty members from the college of medicine who walk listeners through the fascinating world of medical experience and knowledge, sprinkled with timeless anecdotes and personal stories. Each episode is seen as a step forward in the listener's journey of personal development and the discussions are broad to cover a wide audience from all levels of medicine.

The podcasts are published on various platforms (such as Anchor, Apple Podcasts, Google Podcasts, Spotify, Pocket Casts, Breaker, RadioPublic and Castbox) under the name of "Alfaisal MedHub" to facilitate their access by a limitless audience who can benefit from the wealth of knowledge, anytime, anywhere!!

## A WORD FROM THE HEADS

"We at the Alumni Relations Office strive to serve our alumni in the way most fitting to their continuous guidance and support, and exploit their lessons from experience to the advantage of current students. We are blessed with the most helpful bunch of people in our team, who acknowledge the fact that the alumni are an essential pillar to the success of current students, and therefore, do their best to profit our alumni and students alike!"

*Safwan Urooj Abbasi*

"I've always believed that Alumni are the pride of Alfaisal and one of the biggest assets of our university. Here at ARO, We work with our esteemed alumni to create a worldwide community of Alfaisal medical graduates, allowing them to form meaningful, everlasting connections whilst keeping them connected to their alma mater. We aim to serve our alumni in the most befitting manner in exchange for benefiting our current students from their timeless experience and career guidance. We are truly blessed to have a great team that understands the importance that alumni hold for the success of our current student body and the continuous guidance of visionaries like Dr. Ismail Shakir and Dr.Omar Javed who make this otherwise daunting task, smoother and easier than ever! I hope that our excitement relays on to you as our audience as well through our upcoming launches at ARO."

*Zara Ahmed*

12TH BATCH

YEAR 1



Class of

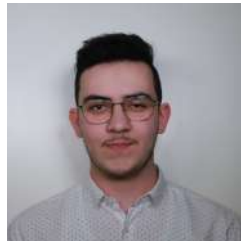
2025

# 12TH BATCH

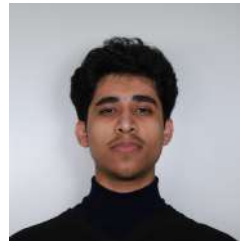
## YEAR 1 | MALES



Abdulaziz Alaklabi



Abdulaziz Alhaj



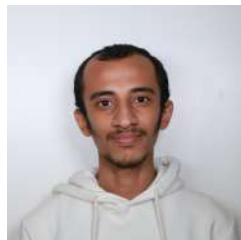
Abdulaziz AlMutairi  
And Now My Watch Begins



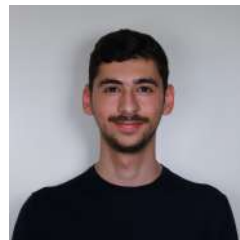
Abdulelah Almeshali



Abdullah AlMaghlouth



Abdullah Almashhor  
Do your best and you will end  
with the best.



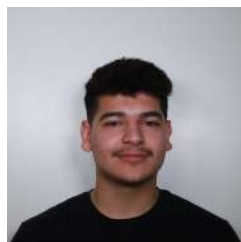
Abdullah Alshawaf



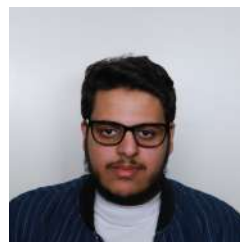
Abdullah Jabri



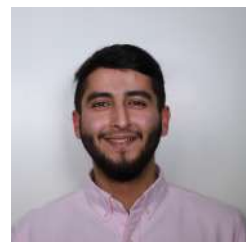
Abdullah Laradhi



Abdulrahim Qahwash



Abdulrahman Alsarari  
Hakuna Matata :)



Abdulrahman Suliman

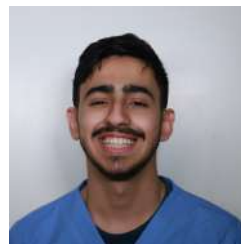




Abdurrahman Ksibati



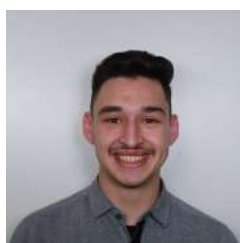
Ahmad Ghosheh



Ahmed AlAli



Ali Kullab



Alwalid Mustafa Hejazi

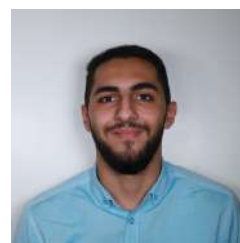
ما بين نور أمي بمصحفها و جلال أبي  
بلحيته البيضاء ألتقيت لي زهرة الحياة و  
أسميتها ود ♥



Anas Aboalsamh



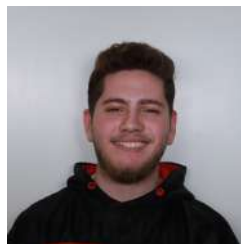
Ayman Almairi



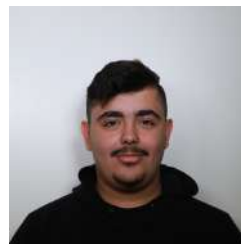
Bader Tartars



Basel Alkhatib



Bassam Alotri



Faisal Elalem



Fardeen Shahed



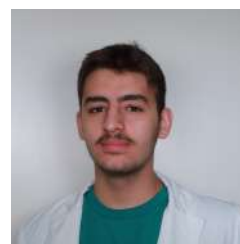
Hamza Enabi  
كن مع الله ولا تبالي



Hassan Altalag

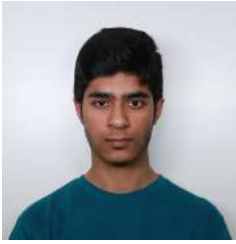


Hisham Alarfaj



Ibrahim Albalkhi  
Blessed with an inspiring  
father.





Irteza Ahmad



Jibran Ahmad Khan Ibrar

You never know what you  
have until it's gone.



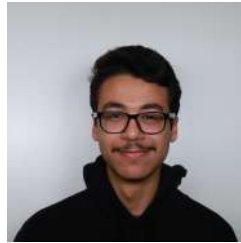
Maeen AlDamouni



Mohamad Aljejakli



Mohamed Alawer



Mohamed Hassan



Muhammad Zaeem Khan



Tariq Saleh



Yaser Balawi



Yousef Edress



Ziad Ahmad Kanaan

Always Strive And Prosper



Zohaib Asim

Don't stop when you're tired,  
stop when you're done 🙌

# 12TH BATCH

## YEAR 1 | FEMALES



Atiah Bilkis Bint Ismail



Aya Mohammad Yousif



Bushra Khan



Daniah Alsebaai



Hania Farhan  
Tauba Tauba Tauba



S. Sobiah Imad  
Allah ki qasam



Sara Abid  
sara mood



Laiba Yaseen  
"kharab kar diya  
-Harmonium Chacha"



Lara Majdi Samhan  
إيتسمي  
"ماماواو"



Rahaf & Raghad Aljejakli



Rasha Alissa



Heba Mohammed





Sameeha Abdulwali



Eman Ijaz



Sireen Omar Takrouni  
 «There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.» - Nelson Mandela"



Sumayah Fares



Tasneem Mohammed



Yasmeen Alaa Indarkiri  
 A relationship with god is the most important relationship you can have. Trust Him and everything will always turn fine.



Farah Barakat



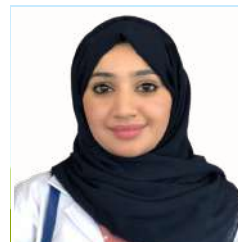
Bushra Rasheed  
 "When William Shakespeare said "By the pricking of my thumbs, something wicked this way comes". I felt that :<"



Raziqa Fatima Hazari



Sarah Garatli



Laiba Zahid



Yafa Alomari  
 " Don't dream your life, Live Your Dreams "



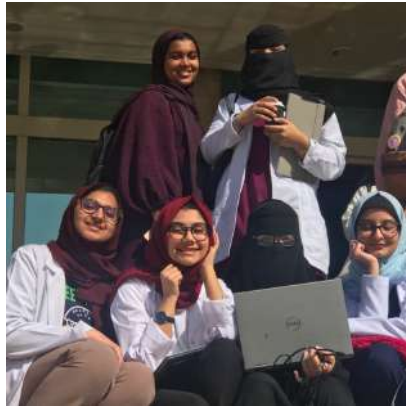




# MEMORIES













# ACADEMIC ARTICLES



9

Revue  
Histoire - Géographie  
الدوريات  
التاريخ - الجغرافيا



The abrupt transition from traditional methods of teaching to a completely online model has been challenging in numerous aspects for the student body in the College of Medicine. Listening and paying attention to a lecture in person involves a level of social engagement that makes it far easier to remain focused, whereas the same lecture delivered via Zoom loses that element of social engagement, hindering the learning process.

A lecture is oftentimes the first exposure students have to a particular topic. This initial interaction is vital for long-term retention and it is rather unfortunate that there is no way to rectify this in the online model, although frequent use and increased familiarity from both the student's and lecturer's side minimize this. An appropriate anecdote would be an anatomy lecture I attended when I was a 1st year medical student. Dr. Ayman Behiery was teaching us the anatomy of the heart and was trying to get us to understand how each of the chambers was positioned in the mediastinum in relation to the surrounding structures. He removed his shoes, brought them together, picked them up to the level of his heart, and then angled them in such a way that each quadrant represented a chamber.



To this day, I have not forgotten that the left atrium is the most posterior chamber or that the right ventricle forms the anterior face of the heart. It is experiences like this one that constitute the essence of effective and captivating lessons and what may be lost in an online interaction.

Online teaching posits its own set of challenges to our professors who have worked very hard to ensure that the curriculum continues to be delivered successfully with minimal, and in the majority of cases, no disruptions to the learning process. Credit must be given where credit is due. Our professors were always there to answer our questions at the end of the Zoom meeting or later in the day via email. Without their hard work and commitment, not to forget the vital role our teaching assistants played in the process as well, the online teaching model would have been unreliable, ineffective, and lackluster.

Dr. Dana Bakheet shares her experience teaching online via Zoom during both the Spring semester and the Alfaisal University Summer Enrichment Program, providing us with her unique perspective.

[Feras] What was the transition from regular face-to-face teaching to online teaching like for you? What were the challenges that you faced?

[Dr. Dana] The transition to online teaching was promptly put into practice by Alfaisal University and was smooth in my opinion. At first, I faced some difficulty adapting to the technical demands of online teaching and that's where the training sessions provided by the university and 24/7 IT support were very crucial and effective. The biggest challenge I faced was the lack of instructor-student interaction through Zoom; which can be easily solved by making camera opening mandatory, this makes the interaction almost identical to on-campus teaching. This was evident during the two online summer programs I directed where high school students were obligated to open their cameras.

[Feras] What are the positives of online teaching in your opinion? How is online teaching inferior to regular face-to-face teaching?

[Dr. Dana] During the pandemic, online teaching is a much safer method and can still be improved

significantly, the most prominent downside to it is the limitation when it comes to practical work, such as labs and clinical sessions. In the summer program, an online lab simulator was used, it was very practical and informative but cannot replace the hands-on work. Another approach was to conduct sessions live from the lab which was more interactive for the students but also missing the hands-on aspect, which I think can be repeated or compensated for in the near future. Another downside is the large efforts that are put to maintain student engagement at all times. Lastly, a major downside is making sure all students have access to the right equipment and a stable WIFI connection.

[Feras] What do you think the future will be like when the COVID-19 pandemic is over with regards to online teaching?

[Dr. Dana] I think online teaching will become integrated with on-campus education to solve many issues relating to convenience. In summary, when I taught online courses for CoM students I found it very challenging because of lack of interaction, whereas when it came to high school students in the summer program where camera opening was mandatory; the experience was truly great, especially when utilizing all features of Zoom and Moodle (e.g. using breakout rooms for PBL sessions). I really discovered extremely useful Moodle features during the pandemic although I've been at Alfaisal for more than 10 years.

# PreMed 2020

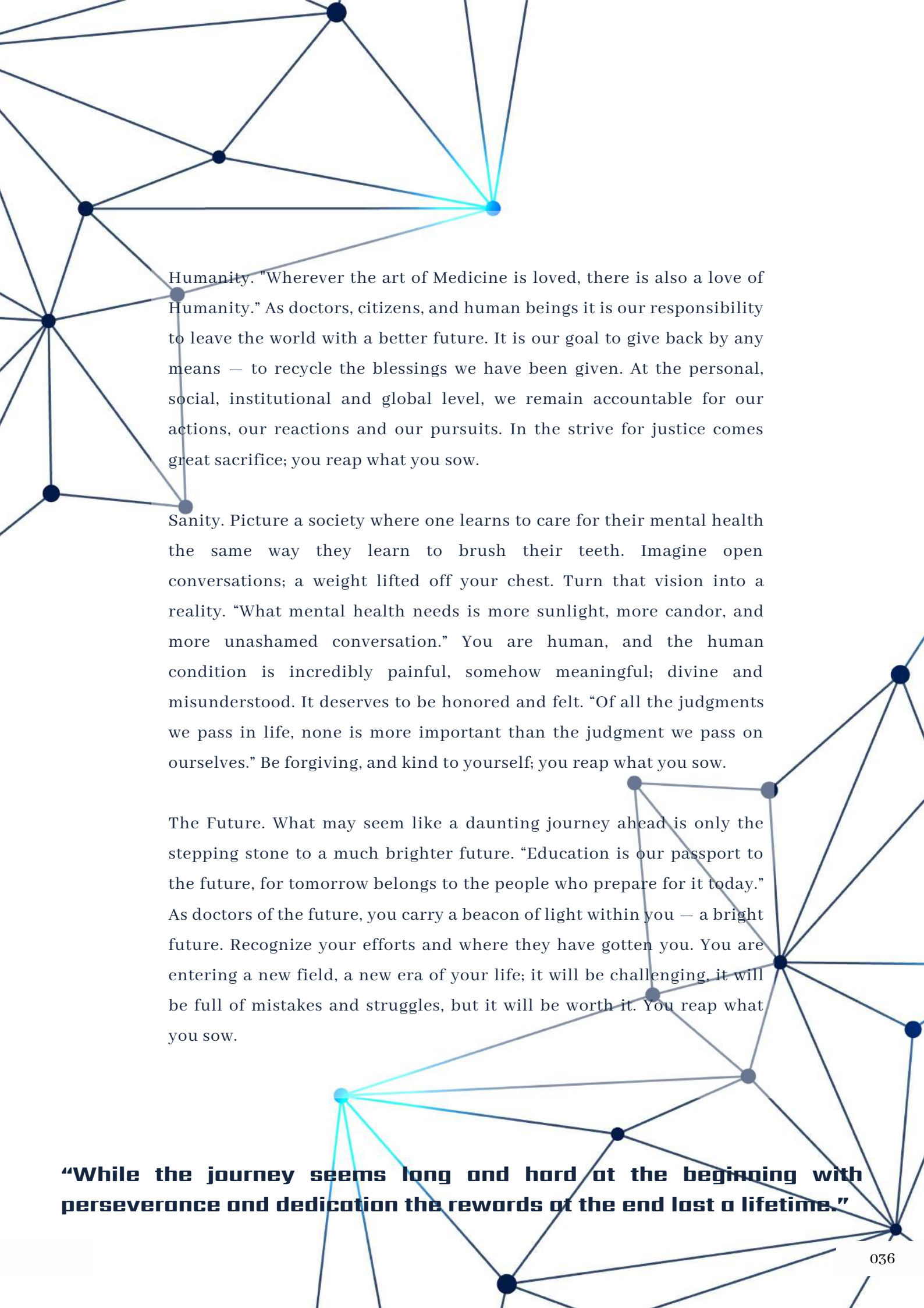
*Maryam Thamer Altayeb*

It was once said that “An investment in knowledge pays the best interest.” To those who attended, conducted, aided and organized the PreMed 2020 program, that would come as no surprise. It was a motto engrained into our minds, our intentions and our actions. An investment in your knowledge leads to growth, as you reap what you sow. An investment in your personal development lasts a lifetime. Knowledge. Responsibility. Humanity. Sanity. The Future. These are the pillars that the PreMed 2020 program has been built to nourish.

Knowledge. “Knowledge rests not upon truth alone, but upon error also.” Learn to make mistakes; make mistakes to grow. Mistakes are a fact of life; it is the response to error that counts. The seek for knowledge is noble, honorable and necessary. As doctors, but more importantly as human beings, we should strive to learn with a passion. But to seek wisdom is to know that the depth of your knowledge is only as shallow as your will to pursue it. Information does not halt at the pages of a textbook; curiosity drives you further towards enlightenment. Ask questions. Be curious. Seek knowledge; you reap what you sow.

Responsibility. With adulthood comes responsibility — personal, social and financial responsibility. As you approach a new chapter in your lives, you must come to realize the responsibility that it comes with. Take account of time and the sheer magnitude of its value. “The wealth of time is the only wealth that is more valuable than human resources.” Time is valuable, spend it on your personal growth. Spend it on what you deem valuable; you reap what you sow.





Humanity. "Wherever the art of Medicine is loved, there is also a love of Humanity." As doctors, citizens, and human beings it is our responsibility to leave the world with a better future. It is our goal to give back by any means — to recycle the blessings we have been given. At the personal, social, institutional and global level, we remain accountable for our actions, our reactions and our pursuits. In the strive for justice comes great sacrifice; you reap what you sow.

Sanity. Picture a society where one learns to care for their mental health the same way they learn to brush their teeth. Imagine open conversations; a weight lifted off your chest. Turn that vision into a reality. "What mental health needs is more sunlight, more candor, and more unashamed conversation." You are human, and the human condition is incredibly painful, somehow meaningful; divine and misunderstood. It deserves to be honored and felt. "Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves." Be forgiving, and kind to yourself; you reap what you sow.

The Future. What may seem like a daunting journey ahead is only the stepping stone to a much brighter future. "Education is our passport to the future, for tomorrow belongs to the people who prepare for it today." As doctors of the future, you carry a beacon of light within you — a bright future. Recognize your efforts and where they have gotten you. You are entering a new field, a new era of your life; it will be challenging, it will be full of mistakes and struggles, but it will be worth it. You reap what you sow.

**"While the journey seems long and hard at the beginning with perseverance and dedication the rewards at the end last a lifetime."**



**MSA**  
**2019-2020**  
**Gallery**



# *Highlights*



## BREAST CANCER AWARENESS CAMPAIGN







## CULTURAL DAY





## DEAN'S LIST CEREMONY







## LUNCH WITH A PROFESSOR



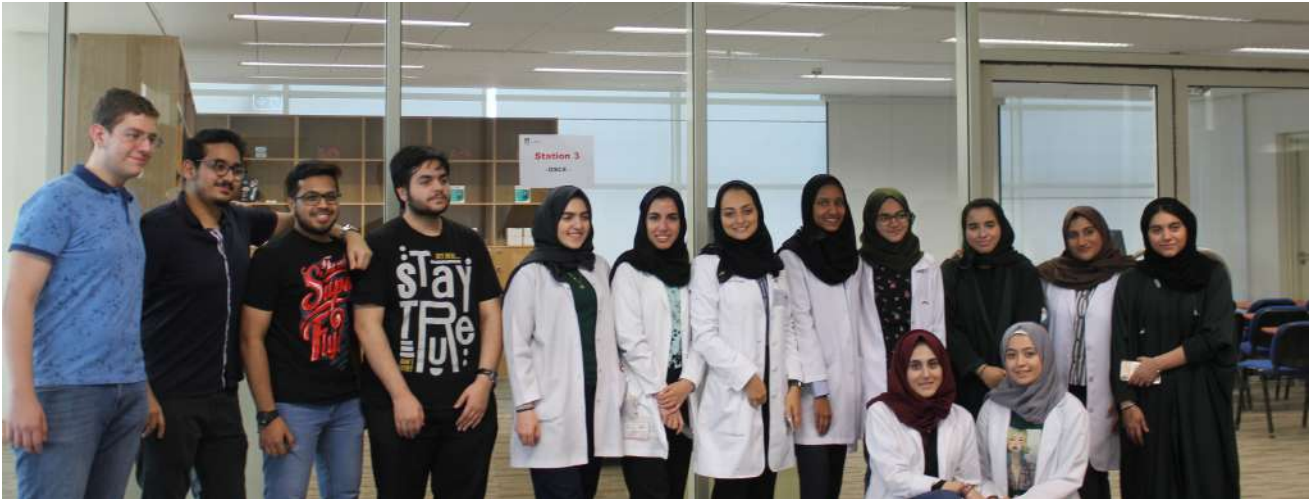




## MSA AWARDING CEREMONY







## RESIDENCY PREPARATORY COURSES





## WAMAN AYHAYA'S "PLEASE INTRODUCE ME AS JOKER"







## BOOK RECYCLING 1.0 & 2.0



11TH BATCH  
YEAR 2



Class of

2023

# 11TH BATCH

## YEAR 2 | FEMALES



Hiba Raheel

"The biggest trap is your own mind" -C



Eman Javed Baqal



Ola Aldoumani

لَكَ شَيْءٌ فِي هَذَا الْعَالَمِ ..... فَكُفِّ



Lana Arbili



Fathima Lamya Amanullah



Bana Tarek Dalati

Kindness is free, share it daily!



Hareem Rashid Mahmood

""Nothing can dim the light which shines from within""  
- Maya Angelou"



Mais Gheith

ربي إن أمي و أبي أحبّ النعم لقلبي  
فأسفهما إلغافية بلا منتهى و  
أحفظهما



Adeen Shaikh



Eesha Anwar

"If you have a dream, Don't wait, Act"



Saleha Abdul Rab

Been reflecting a lot lately...  
call me a mirror



Raaina Mahevish





Tala Husein

I'm done following my dreams...  
apparently they don't know the  
way.



Rawan Elshaer



Maryam Altayeb



Nour Odeh

# 11TH BATCH

YEAR 2 | MALES



Adnan Dwehji



Ali Mustafa

Immerse yourself in your self, my forgetful one,  
this is the secret of life. Come out from the fetters of  
evening and morning, become immortal - Iqbal



Muaz Mumin Wahed

Spend every second with your  
loved ones, tomorrow is not  
promised - Parisa Hossain



Abdallah Khasawinah



Al-Homam Mohammad  
Dalabiz



Mhmd Yman Brghwth



Fawzy Abodahab



# MEMORIES















STUDENT  
SUBMISSIONS



# Adrift

*Tala Husein*

“Sometimes the light is so dazzling it’s all you can see. Other times, dark clouds devour you, and it seems the skies will never clear. But when the sun beams while the rain falls, it can bring a bittersweet rainbow.”

Sometimes, we write so others could read. Sometimes, we write what we’re scared of saying out loud. And sometimes, just sometimes, we write so we could finally hear ourselves speak. And maybe we can’t really tell what hurts more: not being heard even when we’re so loud or not being understood. So, for starters, let’s try to assemble some of the scrambled pieces, because the worst feeling ever is being constantly lost in your thoughts- having your own mind for a cage.

With no further a due, let me tell you where it all started...

As I sat crying, my friend held my hand tight while she whispered softly into my ear, “Be strong. It’s no more than a tough patch that’ll pass.” The funny thing is it’s the advice I gave her a week before. Now that it has been said to me, I realize how little it helped, but that tight hand around my own- the fact that she was there right by my side- made all the difference in the world.

We actually refuse to admit how vulnerable we are. Despite the fact that a word could make or ruin our day, we simply keep denying how much small things could leave an enormous impact on us- sometimes even an everlasting one. And you know what? We all hold each other’s hands and whisper to one another to stay strong and fear no tomorrow when we, ourselves, don’t stick to our so called “advices.” So, if no one actually listens, who are the strong ones among us?! I mean, we’ve all memorized the saying “Fall 7 times; get up 8.” Unlike what the majority thinks, what it really means is that no matter how many times you fail, you need to keep trying. Because believe it or not, winning the fight doesn’t always mean triumph, for some wars we win by choosing what battles to lose. For instance, you win yourself when you choose to walk away from that toxic person in your life despite your love for them. You win your future when you choose the path of lesser harm instead of stubbornly adhering to goals that have long since changed.



Now, I don't know about you, but an ever-growing list of questions haunts me every day. What if we had sent all the unsent messages? What if we stopped for a while and listened in the silence for all the unspoken words? What if we actually turned back to look behind us if that person was stumbling and falling while actually trying to get to us? What if we waited one more second for that person to reach out before cutting all ties? What battles are actually worth fighting? What paths are worth the trouble of walking? What decisions are worth the consequences? Which people are worth the sacrifice over and over again? Where does that lead us? Where do we go from there? How do we fight feelings that run so deep in our veins side by side with our blood? What pitch do we use to be heard in this clamor we call a life? And what if it's just another one of those endings, and all we're fighting for is an epilogue?

There are the times when things fall out of place. When the world feels so bleak that even the light in the shadows is swallowed up whole. However, it's the dark times that reveal to us the reality that we were missing out on- it's the darkness that allows us to find our true selves. People don't really change as they grow. We are merely reshaped and rearranged by the choices we make and the mistakes we commit. As we do, we grow apart. We grow apart from the people we've known our entire lives- from people we thought we'd never lose. People whom we called our forever. And regardless of how many times we get betrayed and hurt, we still get that inner feeling that drives us. Despite the many times we say never again, we always end up caving to our expectations and beliefs. Because in the end, no matter how weak we might feel, there's always that naive part of us that still believes in the good in this world and sees the best in the ones we hold dear. And it is this norm that keeps us going- it's what pumps life into our tiny, human hearts. Therefore, it doesn't matter where you end up or with whom as long as it feels right and safe. Only then, you would have won. Only then, you'll finally be home. So now, you might wonder on what basis do you decide you belong? It is simply by knowing who hears your silence. Those are the people who wouldn't sleep until they know all is well with you. The kind, loving souls who prioritize you just for you and not for what you offer them. When you do find them, and trust me you will, you hold on. Hold on, and never let go.

All I really want you to take from this is the following: being strong doesn't mean you have no fears. It just means you're wise enough to not give them the power to control you and scatter all your thoughts. We all need to fall down in order to get up stronger. And from time to time, we need to lose ourselves to rediscover who we're truly meant to be. Because as we fall and lose the broken pieces, we come to realize how much sturdier yet lighter we've become without them. So, keep in mind, my friend, some losses are wins in disguise that only time will reveal.

As a parting request, contemplate the following: a sunrise and a sunset seem the same to the eye. The only difference is one brings a new day, and one marks the end of another. So, don't you think that we could turn our lives around if only we choose to change our perspective?



*Friend*



Deep in the pits of a social catastrophe, my introverted face amidst talking laughing figures, I focus on my smartphone. (May it be titled 'curse of the century' by the baby bloomers, or may it be allegedly blameworthy for any wrong in our lives by our mothers, it sure is a safe haven for when one needs to avoid an interaction, fearful of the unpredictable ways the conversation may trickle down to). A familiar set of eyes pin down on me. I can feel the heat of the stare in my peripheral vision.

'Hey!', I decided to initiate.

'Walk with me'

Walk? A trip to an unspecified location with an unquantified amount of distance, possibly full of awkward silences and long pauses? My amygdala has lit up like a Christmas tree!

'Sure'. How could I refuse? Surely, I wasn't 'busy' browsing the social media.

We walk. He had sensed an uneasy cloud over me for the past few days and wanted to inquire my state of mind. Someone keen enough to do that? That certainly was a first for me. Anyways. We talked. I poured out my troubles. He listened as if he could relate. He nodded. He agreed. He validated.

'Alright. I'll see you later then'. He walked off.

What had just happened? It was so unlike me. I liked it though!

Another day. Another conversation. They became longer and longer until you could hear our loud laughs as we walked down the corridor.

It stemmed from a mere 'check up on a fellow', to a brotherhood as strong as iron, but yet just as malleable to fit the ups and downs of life. A friend in need sure is a friend indeed! But what do you call an individual who is by your side even when there is no 'need', at least to the apparent eye? What do you call someone who not just gives a shoulder to cry on, but cries alongside you - sharing your woes and sorrows? What do you call someone with whom laughter may very well be seen as 'convulsions' to the bystander? Who do you call to give glad tidings just as much as to talk through a low? Perhaps there are many words in the English lexicon that could describe such a person, but undoubtedly, there is no single word that embodies all the traits of this creature- each and every one of them being deficient in an aspect or two.

Time and again, length of time together is believed to be a measure of strength of a friendship, though it is but a factor among the many that amalgamate to create a tie as such. A lot of the times jealousy can become the root of a fruitless and barren tree. Rejoice at the other's achievements instead of festering hate. Mistrust comes from suspicion and suspicion is the blade of the devil - learn to believe!

All this may seem tiring, but a true friendship is not exhausting, rather it is invigorating. Putting in the effort will start to seem effortless! Keep your friends close but your best friends closer!

# *Eternal Ocean*

*Ahmed Arrowsmith*

Every droplet from every body of water had met in the eternal ocean. The ocean had collected itself down a narrow channel. The channel flowed into a lengthy river. The river flowed, rippled, traveled its path and was generous to every single droplet that needed to travel with that river to get where it was meant to be. The river carried so much, collected so much and was so heavy. Even the rain found shelter in the generosity of the river. The river kept flowing. But somedays the river bled and couldn't keep on holding itself. The river ran for what seemed like forever. It held itself and its weight. One day every droplet would meet its fate. One day into a waterfall so powerful it would remain forever in its generous overflowing state. The waterfall, was so hypnotizing on its own, and the eternal ocean couldn't have known. The waterfall is like a supernova now and its fate is set in stone.



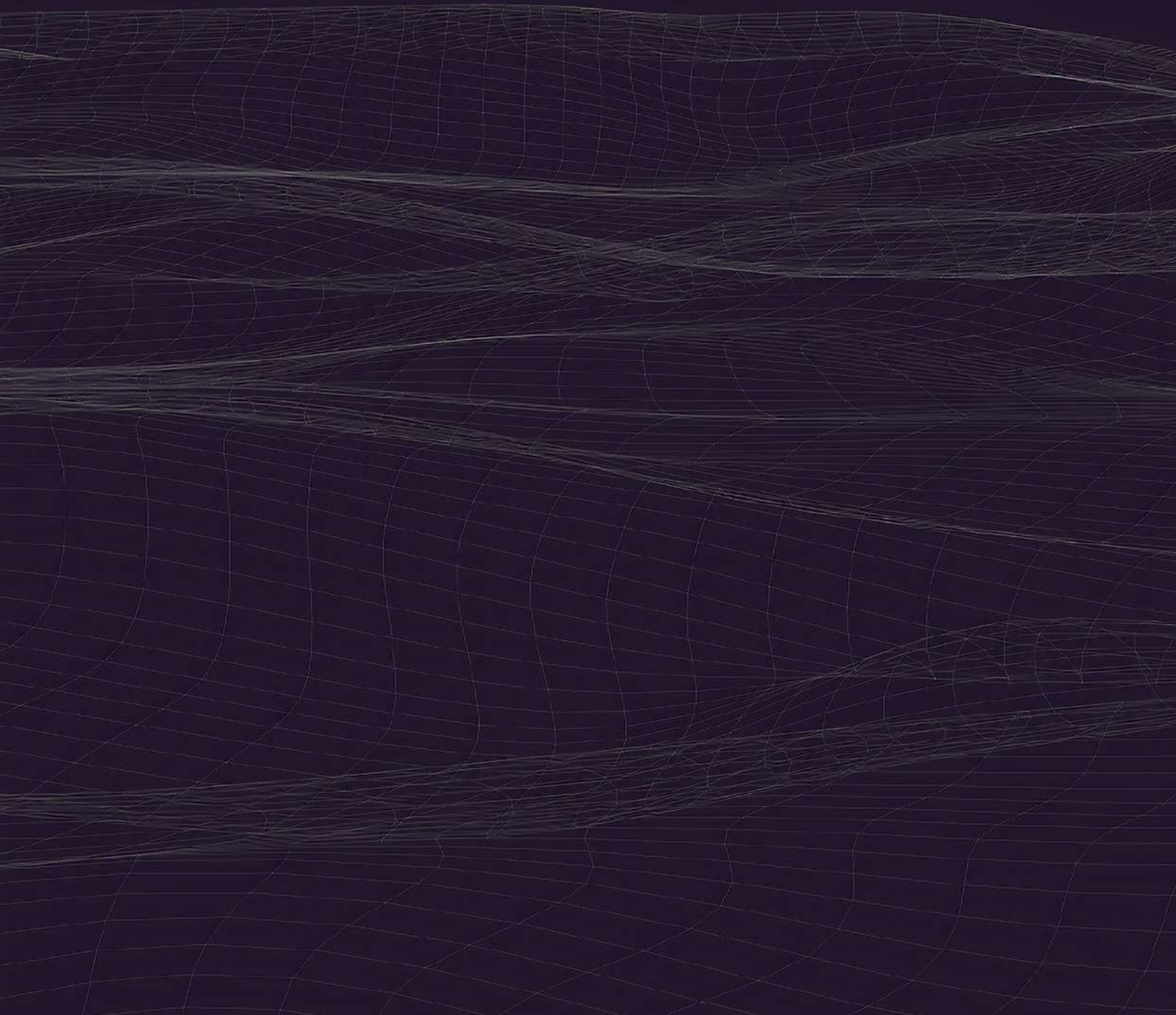
An aerial photograph of a tropical coastline, showing turquoise water, white sand beaches, and small islands. The image is used as a background for the text.

It gathered in me now, the droplets in my eyes made an ocean of their own. It traced from every vessel in me and rooted itself deep into my bones.

It ascended to my mind and manifested in abstracts. I wondered where they'll go and how generous they will be. I wonder how far will they flow, and which other droplets will they meet. I wonder if they'll hold their weight while they travel through the stream. If they'll take it really slow as slow as it can be. Or maybe my thoughts and the river are as eager as me. Ive bled enough but now my fingers know the strings and learned how to play the keys. For the people who lifted no fingers and played instrumentals with me. I couldn't hold myself any longer from the ocean. The collection of what i felt sent down from my own dreams too much to be kept in. Must've came from the heavens. i needed my own stellar, My own celestial explosion.

# POETRY

*Med Times Personal Articles*











# Wandering Numbness

*Maryam Altayeb*



You feel the shattered glass at your feet  
as your mind wanders back,  
your cloudy mind on the road  
as your eyes wander back,  
catching glances and visions  
of lights that pass you by.

Everything feels surreal  
yet some underlying sense of reality  
tells you it is not.

Lights flash with auras of emotion  
as joy becomes synonymous with sorrow  
and peace is unable to find itself,  
contained in the breadth of your thoughts.

What are dreams, more than the visions that plague our minds?  
As you lay with your mind wide awake,  
like a mirror that reflects itself onto you  
glistening and gleaming  
and not understood  
What is it to dream?

Your mind wanders back to the endless road;  
Is that what life is about?  
chasing bliss,  
labelling it as meaning —  
is that it?  
An oscillation between  
what we deem as happiness  
and what we know to be sadness —  
is that it?  
The human condition,  
incredibly painful,  
somehow meaningful,  
divine and misunderstood.



# UNTOLD BATTLES *of Life*

BY: EMAN N. AHMED

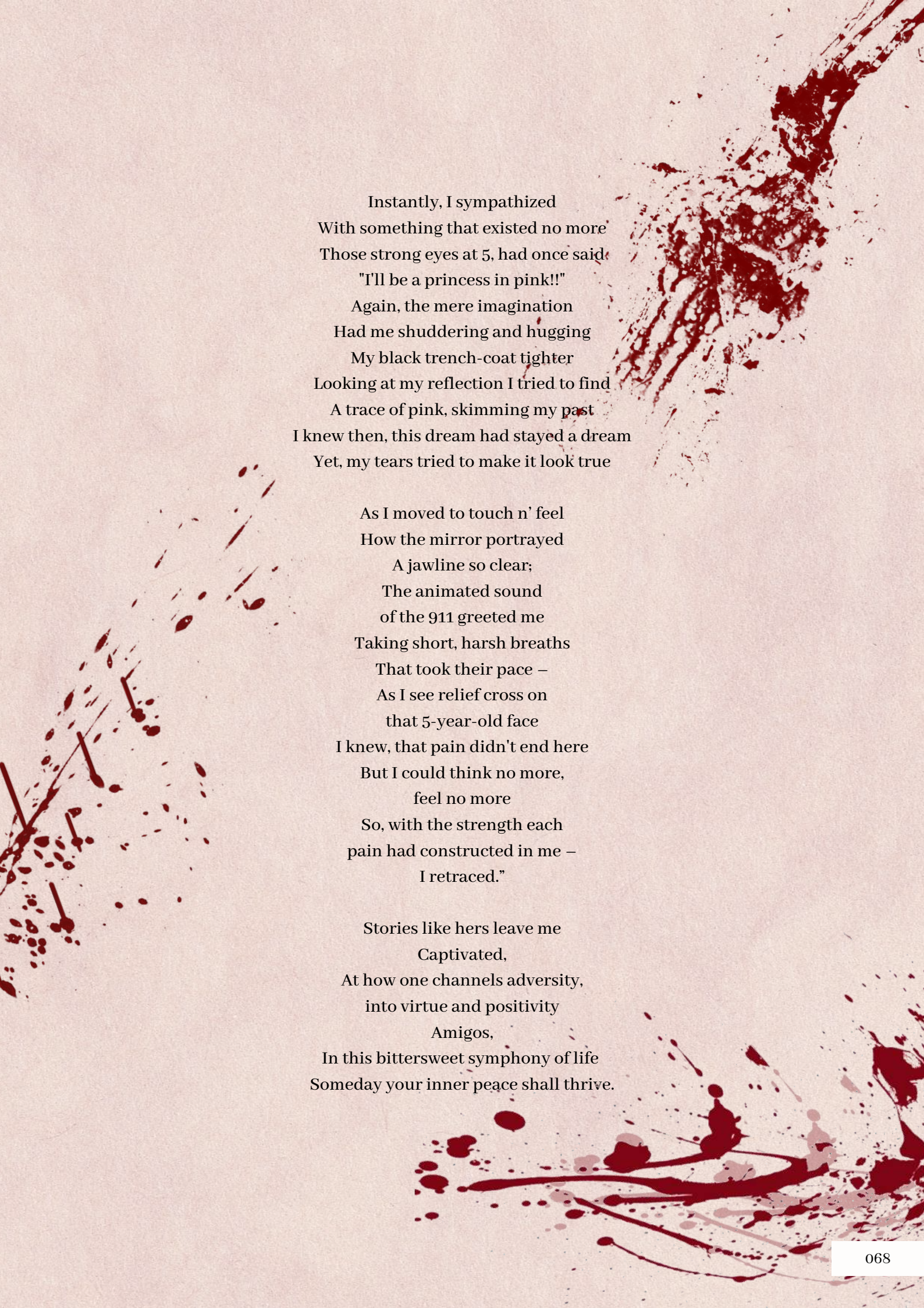
Days when friends bring up  
Poignant memories of their past

On one such rendez-vous, she said:  
"If I could travel back in time,  
To the day glass splinted  
Down from the chandelier,  
I would walk to my aching self  
And wipe down  
blood from those crying wounds  
And tears from those wounded eyes.

I would relive how every creak  
reverberated through me  
How every cold metallic touch  
straightened that ailing spine.  
How I shrank back; so tiny and fragile

I would go back to when  
I looked in the mirror in curiosity  
I would stand and stare at those  
Sad soulless eyes,  
Feel the torture that emanated  
Like shock waves through them  
The mere imagination  
of the sight, ignited a burning fire  
In my eyes





Instantly, I sympathized  
With something that existed no more  
Those strong eyes at 5, had once said  
"I'll be a princess in pink!!"  
Again, the mere imagination  
Had me shuddering and hugging  
My black trench-coat tighter  
Looking at my reflection I tried to find  
A trace of pink, skimming my past  
I knew then, this dream had stayed a dream  
Yet, my tears tried to make it look true

As I moved to touch n' feel  
How the mirror portrayed  
A jawline so clear;  
The animated sound  
of the 911 greeted me  
Taking short, harsh breaths  
That took their pace –  
As I see relief cross on  
that 5-year-old face  
I knew, that pain didn't end here  
But I could think no more,  
feel no more  
So, with the strength each  
pain had constructed in me –  
I retraced."

Stories like hers leave me  
Captivated,  
At how one channels adversity,  
into virtue and positivity  
Amigos,  
In this bittersweet symphony of life  
Someday your inner peace shall thrive.



# PLAY TIME

*Muaz Mumin Wahed*

Look look, it's my brand new mattel car!

And there's many more I got.

Dad gets me a new one every, single day

Isn't that amazing!

Look look!

Do you want to play with me?

Daddy makes really yummy cake

But not as good as mommy's

"Daddy?

Will mama make us yummy pudding again?"

He smiles warmly,

"The yummiest pudding in the world!

when she comes from work"

Look look!

Do you wanna eat with me?

Dancing's amazing

I can jump, I can skid

I can slide and shout Hooray!

Just like Mickey Mouse!

but Dad wont,

He sits in the living room  
wailing and sobbing all alone.

But who cares? I got you!

Look look!

It's the Finger Family song

Do you want to dance with me?



Here's princess Patricia, my favorite doll  
and here's her handsome prince Jaden!

Mommy always picks Patricia  
and I, Jaden the Mighty!

But why won't mommy play today?  
She won't even hug me!

Ufff

But it's okay, I'll play right by your door  
While you rest in bed mommy  
Look look, I made Jaden wear a funny mask  
Just like you!

Do you wanna play pretend with me?

Check out my cool telephone

I talk on it all day long,  
just like mommy

but she coughs a lot and I don't

Sister played too

but she becomes quiet a lot

And she always stares down

I scolded her,

"Why don't you play like mommy does huh?!"

But she sobbed loudly and went away

Why did she do that?

But hey! I have you!

Look look!

Do you want to play doctor with me?

Brother plays rocket-go-round so awesomely!

But he doesn't look happy either  
staring blindly at something on his phone.

I peeked in

and it was mommy's angel-like face

He scolded me,

"Why are you disturbing me?!"

And turned away.

But he never scolded me, He is the best brother!

"Mommy would never do that!" I shouted

Tears of pain ran down my cheeks, as I left the room

Then I heard brother  
crying in his bedroom too.

But hey, I have you!

Look look!

Do you wanna fly to the moon with me?

I had an awesome dream today  
Mommy wore a dazzling red saree  
Laughter filled the air, once again

We were in Hawaii!

I woke up to see our house filled again,

With my favorite aunties

Yippee!!

But I got to tell my mommy first

Where is she?! Isn't she back?

Does she work forever?

"Aunty, isn't mommy back?"

Sobbing and whimpering filled the air

Wow, what just happened?

Wait, daddy should know

"Daddy, where is she?"

"Why does she take so long?!"

"Why doesn't she kiss me good night anymore?!"

"I want mommy right now!"

Daddy cries, and cries,

and falls to his knees.

But, he stares, with big beautiful eyes,

picks me up,

and hugs me the warmest hug

"She isn't gone anywhere, she's right here!"

And he points at my heart,  
just like mommy did, when I was lost in the mall

"Mommy loved you so much,

but she is sleeping now,

fast asleep with Allah!

You don't wanna wake her up, right?"

"She'll always be in your dreams dear, always"

Whoa!

"So we did go to Hawaii, right dad?"

Yes dearie, we did!

And wipes tears from his face,

While the uncles stared with red swollen eyes

Why are they crying?

Wasn't it a dream come true!

But never mind, let's play!

Look look! You can have Princess Patricia  
until mommy wakes up, okay?

Come play with me!

# *By the Window*

*Museera Khan*



She waits  
while the world is asleep.

She holds her breath  
as the Most Merciful turns  
the night into dawn;  
hiding away the stars  
and bringing out the light.

She leans on her window  
feeling the sun  
shine on her heart  
and filling her with hope  
for a bright new day.

She watches the birds  
chirp their joyful songs,  
reminding her of peaceful days;  
of safer days.

She smiles at the sky  
and holds her hand out  
to her only companion  
in this lonely isolation.

She breathes in the gentle breeze,  
letting it in her tiny room  
to surround her and remind her  
of the beautiful words of her Rab.

فَيَايَّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

“Then which of the favours of your Lord will you deny?”

*Special thanks to Ayesha S. (COS)*

10TH BATCH

YEAR 3



Class of

2022

# 10TH BATCH

YEAR 3 | MALES



Abdulrahman Alturkmani



Abdulrahman Baqatyan



Ahmed Arrowsmith



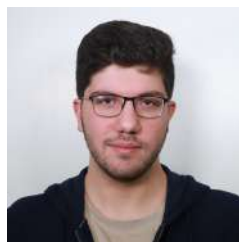
Ahmed Batheeb



Ahmed Khedr



Ahmed Mahmoud



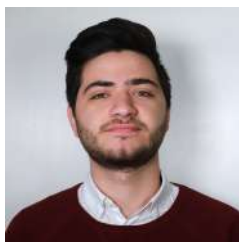
Anas Alkhabaz



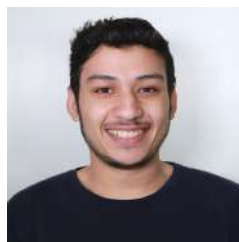
Anas Mohammed Ashour



Bader Aboushaar



Baraa Alhallak  
Marching On ...



Ehab Taktori



Eyad Aljijakli



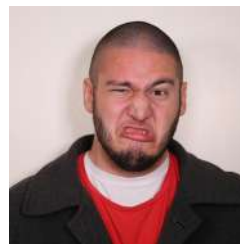


Ghaith Meir



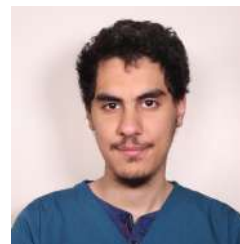
Hamza Gungadoo

The key to happiness is  
complete apathy



Feras Ataya

Insert profound quote here.



Ahmad Jamal



Arman Zahoor



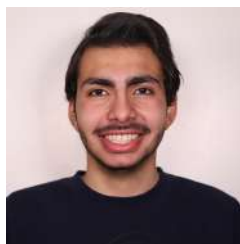
Rafea Hakki



Khalid Altaweel



Bassam Makd



Abdulrahman Eldeib

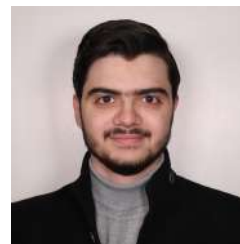


Ahsan Amanullah



Abdulrahman AbuZubaydah

Stay hydrated



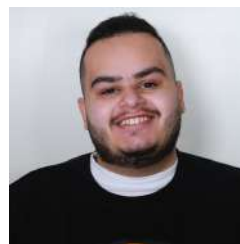
Omar Alrifai



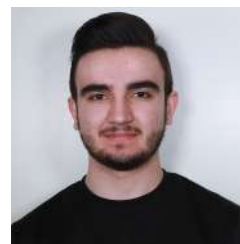
Safwan Urooj Abbasi



Faaezuddin Syed

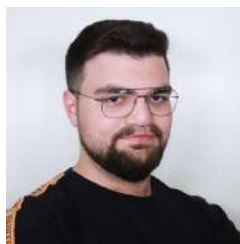


Mazin El Sarrag



Mhd Anas Alsibai

"You can always re-take an exam  
But you never can re-watch a  
football match"



Mohamad Alhabchi



Mohamed Elossaily

I'm only getting a medical degree so I can afford Yeezys



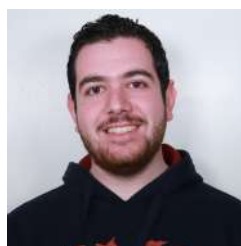
Mohammad Derbas



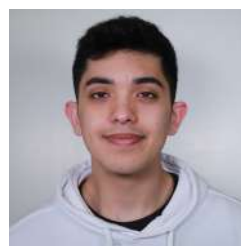
Nader Ashraf Fawzy



Osama Yaheia



Radwan Alkhatib



Youssuf Jouda



Mahmoud Kazkaz

"Always do your best. What you plant now, you will harvest later."  
—Og Mandino



# 10TH BATCH

## YEAR 3 | FEMALES



Afaf AlTayeb



Afrah Alsomali



Aisha Siddique



Amal Albalawi



Aya Arwadi  
Clinical Neuroanatomy - Richard S.  
Snell 7th Edition - Page 564 -  
Question 12- Line 5



Basant Elaasser



Bissan Abuzahra  
Try everything



Bushra Alshaar



Daniah Alajlouni



Fatima Sheikh  
هاكونا ماتانا ☺



Fatimah Alhammad



Hadeel Alarfaj



Haifa Alsuwaine



Hamna Abdul Muthalib



Hayat Mohanayeh



Hiba Burhan Khan



Kauthar Altawfiq



Laila Mohammed



Lilas Khoulani



Linah Husam Zaman



Maha Nassar



Mayar Alatout



Mona Abdulhakim Asaad  
 ما قَدَّرَ الرحمن أن تحظى به... لو  
 "سار كل الكون ضدك فهو لك"



Muna Albashari  
 Nevertheless she persisted



Noon Elfatih



Rana Kamal  
 "To succeed in life, you need three things: a wishbone, a backbone and a funny bone." -Reba McEntire



Rana Mostafa Abdo  
 "Internally crying 🥹  
 But سار كل الحمد لله for everything 🤲"



Ruaa Alsaeed





Sadia Asad



Saima Fakhri



Sana Aswad



Sara Alasfoor  
"You are the universe in  
ecstatic motion"



Sarah Alrashdan  
Yes TODAY Achichude!!!



Sayyada Ifrah Naaz  
optimistically speaking I'm  
almost halfway there



Sedra Alhalbouni



Somayh Elnaggar



Yara Akkielah



Zahraa AlQassab



Zainab Bozaïd



Zainab Ifthikar  
2020 be like [Chicago Med,  
Season 5 episode 4 - 25:54]



Zara Ahmed



# MEMORIES





















...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

79

**A Fabulous Success Story**

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

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**THE DARK CHILD**

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...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

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**THE DARK CHILD**

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...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

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**THE DARK CHILD**

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

...the group on all important days. I was surprised to discover how many spots need calling or weatherizing.

# REVIEWS

Med Times Personal Articles



# The Missed Package

*Ayesha Ambia*

“We’ve received a parcel!” hefty Hans announced as he brought in the small, yet well-packaged box into the kitchen quarters. He left it on the low wooden table facing the window, went on to wipe his hands on the apron, and stuck a carving knife on cooked beef loins. Jenny, the chef’s assistant, came and looked over the parcel. “Sm...Smee,” she struggled to read even though she had learned how to spell short words at the church school recently. She never had a chance to go to school in her village, and as soon as she was able-bodied, she had started to work hard manual labor to feed her twelve siblings. Luckily for her, the senior lady cook came over and read the parcel in her stead. “9860, Smith L., Floor 5, Room number 11. There’s nothing written on where or who it’s from,” and she proceeded to take a vegetable knife and reveal the contents of the package.

What came out were the strangest things! Covered in meters of pure white linen cloth, were only six items. Three tiny containers that were so small you couldn’t even store bread small enough to feed a mouse. The rest three seemed more ornamental and hence utterly impractical to them – transparent glasses with liquid floating in them. There was something lost they didn’t notice at first, but that didn’t matter. They opened the containers to look at the flowers embedded in them and tasted the liquid in the glass containers, but it was clear to them that it was all a bad prank. “I’ve known the young master before he even learned how to ride a horse. This is unlike anything his sensitivities would suggest. If it was an artist’s tools, I would still have a hard time believing it, but I would accept it. But this...this!” They also knew that the lord of the mansion did not expect any parcels that day, and so they sent it back to the post office.

After returning from the mansion, the parcel passed through four more addresses from the post office, with each place’s inhabitants having no clue about the esoteric box or being indignant over the naughty pranks or professing that the postmaster should take his work seriously.

Please note that our boarding school highly esteems characteristics of responsibility and accountability in our students and staff likewise, and we do not expect to be met with such gross mistakes of identity. None of our inhabitants at Leopold Smith’s Boarding School stand for childish misdemeanors such as this, and hence it is our responsibility to inform you to take your work at the post-office seriously.

Signed,  
Elizabeth V.



It was after this stern letter that the postmaster decided to investigate into the case of the misplaced parcel. Thomas Jr., a wizened bony man, with thick-rimmed spectacles resting on his nose hump, read the itinerary of the parcel. *"Dispatched on 21 May, '76 two weeks ago from Falloway town; received in office on the 29th. Delayed due to rain and bad weather, but package safeguarded, although slightly damaged on the exterior. Sent to five locations with the address Smith or 9860 on it; all returned the parcel within the same day."* He remembered receiving notes from a missionary, an inn and, of course, the boarding house. He decided to send a man to the town to investigate and find their elusive sender.

After ten days, a letter arrived addressed to the post-office signed by a Dr. Faust that read,

"Dear Postmaster Thomas,

It is to my regret that my parcel's ambiguity and lack of address has caused you some trouble. I am the resident and only doctor of Falloway town. Around a month ago, some villagers came to me with news of a strange illness that had seized them and spread rapidly around the immediate locales. I am ashamed to confess that my cures could not help them, even as I spent every waking moment putting forth concoctions to comfort their ailments. I sent some samples from the diseased individuals in my package to Santa Maria Ines Hospital and Laboratory. I have an old colleague there who would receive my note on how to deal with the samples. Please do not, under any circumstances, open the contents of the vials, as they are highly contagious, and must only be dealt with the appropriate personnel. I did not have an address to the cottage I sent the package from, and due to the urgency of the situation, I only noted down the address of the laboratory. If you find the contents of the package damaged from the weather, isolate it and report to the Public Health Bureau, who might possibly send in people to collect it from you within a day or two.

Signed,

Dr. Faust Erin."



# The Day I Met Her

*Zainab Ifthikar*

The day I met her, I fell in love. She was the utmost manifestation of beauty; she was the only one who made complete sense and I knew at first sight that she was meant to be.

I waited all my life till the fall of 2017 when I first walked into her welcoming arms and she took me into a tight embrace. Perhaps after 5 long years, we will all be serving citizens of a functional society, you will have two letters beside your name that read doctor and on that day, you will realize that you met her too; 'She' is this beautiful art of Medicine that we are blessed to be studying at Alfaisal.

Every time I feel that the thrust of her wings is beating me down, I take a step back into my distant past in high school. I think of all the sleepless nights I spent, diligently studying the electromagnetic spectrum, ions, calculus, and photosynthesis just to get a good grade and join hands with her, waiting for me on the other side. I reminisce about how I opened my board exam results as a naive little girl and realized that I was one step closer to finally meeting her. My heart pranced with joy, clutching on with dear life to the golden ticket in my hand.

Meeting Medicine made me summit mountains of knowledge that I had never seen before. It is an ocean where you are just learning to swim. You are constantly adrift and occasionally drowning, but you never want to go to shore, because the pull is exceptionally gravitational.

From the time I pried open the anatomy lab door and socialized with the cadavers to the time I binge-watched pathoma, I always felt different.





It was as if every new encounter brought its own little package of surprises. I am like a child in a candy store when studying cascade reactions and dissecting clinical manifestations because the simplicity and intricacy of every disease boggle my mind. I still can't wrap around the sheer reality of certain moments of epiphany, that I just sit in my seat during lectures and silently utter "glory be to God."

Alfaisal gave me a second home, and here I found a family called friends who stood by my side in times of victory and turmoil alike. I was blessed with fellow seniors who would go out of their way to offer upbeat advice and kind camaraderie. Here, through the MSA, we showcase every single day that medical students can excel in both academics and extracurriculars. This is a place where the leadership and faculty are exceptionally competent that you can rely on them with all your life to look out for you even during a global pandemic. As in the words of our President H.E., Dr. Mohamed Alhayaza: "We are one Alfaisal."

I was introduced to hardworking batches of brilliant future doctors who I am so proud to call my colleagues. It is this place that taught me not just the parts of the human body but also the timeless values in human life. So, every time you feel like medicine is tiring you out, just close your eyes and be grateful that God chose you to be here, to be busy and occupied. That is a blessing that people are seldom gifted.

You have the closest of all likelihoods to saving someone's life. You didn't come this far by chance and maybe it wasn't even a choice. You came here because the universe conspired. Because just like me, from deep within, you believe it, too: the day you met her you knew she was meant to be.



# HOMO SAPIENS

*Feras Ataya*

At first, I had envisioned this article through a completely different lens. It was my intention to portray the peculiarities of our species via a narrative where an alien species visits planet Earth to find a world dominated by humans. Certain elements that constitute the myriad of physical, behavioral, and cultural characteristics of humans are fairly unique in the greater natural world. However, other elements are merely perceived to be unique but are, in fact, pervasive in other beings. The aforementioned alien species would serve as an independent, unbiased perspective into these elements, with the ultimate goal being that the reader leaves with a more nuanced appreciation for humans, but a more enlightened view of other creatures that call our planet home as well. The more research I had done into this article, the more I had realized that such a scenario is unnecessary for the natural world is already such an enticing and fascinating place.

Take as the first example the organ with which these words are comprehensible to you. The human brain is often described as the single largest differentiator between humans and other creatures, and upon superficial inspection, one can formulate a strong thesis in support of this. As far as we know, no other brain in the natural world has the propensity for language with complex grammar capable of dealing not only with concrete entities but also abstract concepts. The domestic chicken is not a very intelligent animal by any metric whatsoever, but despite its simple-minded existence, it possesses a very primitive set of vocalizations that are utilized for communication with the rest of the flock. A mature rooster's crow serves as a way to mark the flock's territory. A broody chicken is one that has laid fertilized eggs and is sitting on them patiently until they hatch. When threatened or even annoyed, a broody chicken will growl to indicate her frustration. Chickens have distinct vocalizations that they use to warn the flock of nearby predators that they have detected and these vocalizations are refined enough to distinguish between aerial and ground predators. Taking a closer look at a significantly more intelligent mammal narrows the cognitive chiasm between us and the rest of the natural world. A bottle-nosed dolphin has an average brain mass of 1,500 to 1,600 grams, which is larger than that of humans in absolute terms. Dolphins communicate via a system of diverse and distinct vocalizations that is not as refined and complex as that of humans but has an astonishing quirk. Each dolphin has a distinct "whistle" that is used by other dolphins to identify it. In other words, dolphins give each other names.

Without a doubt, human language is superior to all other known forms of communication across the kingdom animalia, however, it is unwise to place the human brain on the highest pedestal in all domains pertaining to cognitive performance. The cognitive tradeoff hypothesis theorizes that the linguistic faculties of humans came at the cost of our short-term memory. Chimpanzees have the remarkable ability to commit nine items to their short-term memory reservoir in very, very short spans of time. Human beings failed miserably when presented with the same short-term memory tasks and it has been established that we can store four items at most in the short-term. Memorization of longer strings of items is achieved by chunking them into groups of four. Chimpanzees may not have the ability to recite eloquent poetry, but when it comes to short-term memory, the sheer magnitude by which they dominate over humans is astounding.

Yet, what we share with chimpanzees may come as a greater surprise to some. Any student of history knows that the study of history is the study of war. Going as far back in recorded history as possible reveals that war is an unfortunate commonality between all cultures.





At first, we thought that war was a uniquely human behavior, the likes of which is absent even amongst chimpanzees, considered the closest animal to us genetically. The idea of the peaceful forest-dwelling ape completely disintegrated with Jane Goodall's research into chimpanzee behavior in the 70s. The Gombe Chimpanzee War was a violent conflict between two communities of chimpanzees in Gombe Stream National Park in Tanzania. A small group of chimpanzees broke off from a larger group and formed their own troop. The males of the larger group systematically entered the territory of the smaller group, planned attacks on individual rival chimpanzees, and either murdered or kidnapped the females once all the males were slaughtered. When the first chimpanzee fell, the males of the larger group "celebrated boisterously, throwing and dragging branches with hoots and screams." It is rather eerie to observe that spilling the blood of your brother is cause for celebration in creatures other than humans.

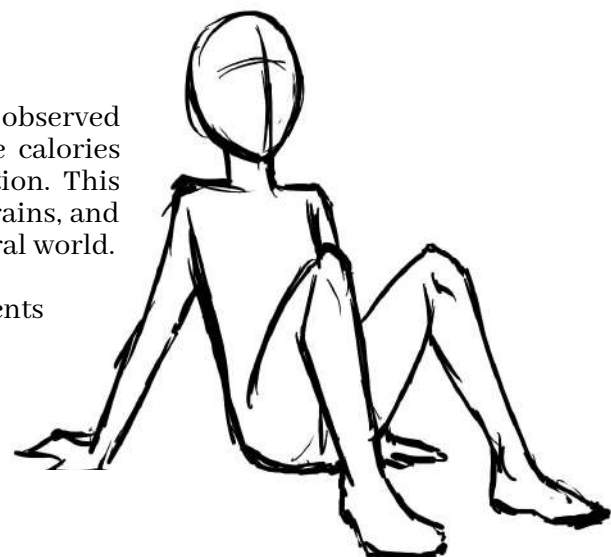
Human civilization is possible because thousands of complete strangers agree to maintain a certain order for the greater good of everyone. Chimpanzees are incapable of forming villages, towns, and cities because their social brain can only cooperate with those it knows intimately. Research into human anthropology has revealed that there is a limit to the number of stable social relationships, where an individual knows who each person is and how each person relates to every other person. That number hovers around 150 individuals. The upper limit to the size of hunter-gatherer societies, 150 band members, only reinforces this finding. Yet, the organization of a large number of individuals into distinct societies, where a shared order exists for the benefit of all, is seen in a creature that is rather unimpressive on its own but can rival the intricacy of human society when taken as a collective. Ant colonies range from a few hundred individuals residing in small crevices to mega-colonies that span three continents with hundreds of millions of individuals. Scientists note that this level of organization is only rivaled by what humans have been able to achieve and ants have not even invented the wheel. Ant societies consist of distinct classes with specific tasks like the queen, drones, workers, and alates. Winged males and females cyclically migrate to form new colonies elsewhere, akin to the explosion of European colonization in the age of exploration. The Argentine ant was accidentally introduced to the rest of the world, forming supercolonies in America, Europe, and Japan. Scientists thought that these were separate entities but research into their genetic makeup, in addition to behavioral research, that placed specimens from each supercolony together to see if they demonstrate aggressive behavior towards one another, revealed that not only were they closely related to one another genetically, but that they demonstrated docile, grooming behavior towards one another – such is evident in ants from the same colony, not colonies separated by vast oceans.

Human language, intelligence, warfare, and society are unique in the sense that they are relatively advanced to their counterparts in the rest of the natural world, but they are not unique to us. Roosters crow, dolphins whistle, chimpanzees engage in war, and ants form transcontinental mega-colonies.

What makes us Homo sapiens?  
The answer lies in our kitchens.

Cooking is a uniquely human behavior that has not been observed in any other species. It allows humans to extract more calories from raw food and decreases the caloric cost of digestion. This frees up more calories to fuel our metabolically taxing brains, and thus, enables the cognitive edge we possess over the natural world.

What a marvelous world we live in where a burger represents the essence of what makes humans, humans.





# A Physician's Guide through the Ancient Times

Omar Alrifai



It seems that in the modern age, medicine has become a discipline that is extremely complicated for a single individual to be knowledgeable in all of its intricacies. Modern physicians are heavily dependent on professionals from within their field as well as other fields. Other than the fact that doctors depend on the radiologists, lab technicians, pathologists, pharmacists, and nurses in the treatment of almost all patients, they also completely rely on modern technologies like lab equipment and imaging techniques. It thus appears as if the modern physician is trained to operate only within this system and is otherwise a useless tool with a ton of information but no practical use. If a doctor was thrown a thousand years back in time, ancient healers would be more skilled with their limited resources than he is. But that is, of course, a much cynical point of view. A rather more reasonable possibility is that a truly gifted and skilled physician would be resourceful enough to treat ancient patients with ancient tools. Good knowledge of nutrition, herbal medicine, pharmacology, and alternative medicine is the key to success in primitive times. Additionally, modern bedside manners, professional skills, history taking, and physical examination will make the time traveler distinguished among fellow healers. It is much more important for a time traveler, especially a doctor, to pass down his wisdom to the primordial people rather than healing them. However, only a well-educated physician will be able to convince primeval people that the information he is presenting is true.

Just in case you were somehow thrown back in time, here are some tips that you can use to brag in front of your fellow barber-surgeons:





Step 1: don't tell anyone that you came from the future. They will think that you are a lunatic and put you in jail or perform an exorcism on you. If you want to persuade someone, you should never tell them that you know better than they do.

Step 2: blend in; wear the same clothes, speak the same way, and do not pose a threat or attract much attention.

Step 3: remember that people of the past already described many of the diseases and even invented many ways to treat them with herbals and other practices. Successful surgeries were being performed in the 1700s and dental procedures date back thousands of years. They even knew about opium to some extent in the middle ages; it used to be called milk of the poppy. You will need to introduce something extraordinary to gain the trust of people.

Step 4: don't think of creating sophisticated technologies like an MRI machine or open-heart surgery, people of the past used to die from the stupidest things you could imagine. If you were able to provide a clean water source, Boom, cholera solved baby. Better yet, if you knew how to extract penicillin from the penicillium mold, the green bit of the spoiled bread, you would cure many infectious diseases single-handedly.

Step 5: remember that your bedside manners are your greatest strength. Use them well.

Step 6: medicine is not the best knowledge that you can bring to those people anyway. In such primitive times, math is the best knowledge that you can pass down, maybe even physics and chemistry, but not the extremely complicated and highly uncertain medicine.

Step 7: once you gain the trust of people pass down your complicated knowledge like cellular biology, embryology, and genetics, but pretend that it is all your own discoveries just to look cool in front of the emperor.

Step 8: I mean, could you please tell me how you communicated with those people, or were you just fortunate enough to have landed somewhere where everyone spoke your language?

Step 9: you were even so lucky to find people instead of being eaten in the wilderness, and you were lucky enough not to be eaten by the people who found you either.

Step 10: are we really not going to discuss how the hell you traveled back in time. I mean, don't get me wrong I love science fiction, but this is breaching the fabric of logic.

Step 11: okay, I guess that's it, this is getting lame sorryyy. Good luck with your time travel or whatever.

Body,  
re taken off.



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9TH BATCH

YEAR 4



Class of

2021

# 9TH BATCH

## YEAR 4 | FEMALES



Tala Abedalqader  
Sigh from the bottom  
of my heart



Albatoul Alkohlani



Aseel El-Jabali  
"Life wasn't about avoiding suffering."  
— Paul Kalanithi, When Breath  
Becomes Air



Ayla Barakat



Eman Ahmed



Farah Deeba



Farah Amous



Joman Haffar



Lama Saif



Leen Jijakli



Maha Alkhayyat



Museera Khan  
"Please stop asking me why I'm  
wearing a mask 🤔 11/2019  
[This quote did not age well]"





Narmeen Shaikh



Nida Hesham



Randa Yasin



Rawan Alanazi  
Never too late!



Reem Ramadan



Rula Sallout



Sadeem Almayouf



Sarah Daher  
"إن كنت تشعر بالألم فأنت حي، وإن  
"كنت تشعر بالألم الآخرين فأنت انسان"



Sariah Alazameh



Tala Beidas



Tasneem Abodahab



Tasnim Atef



Yasmin Sowwan



Nouran Khayari



Najd Binsulaiman



Dina Mohammed



Kawthar Nasr



Areej Mohammed Saleem



Lama Quraiba

""I dream, cause what else  
could I do?""  
-sonali sharma"



Yara Hani

Dear grandchildren.. this photo  
was taken during Covid-19  
pandemic 2020.. Alhamdulillah  
still surviving



Bushra Alhafez

مَا كَانَ لِلَّهِ دَامَ وَأَتَّصِلَ، وَمَا كَانَ  
لِغَيْرِ اللَّهِ انْقِطَعَ وَانْفَصَلَ



# 9TH BATCH

YEAR 4 | MALES



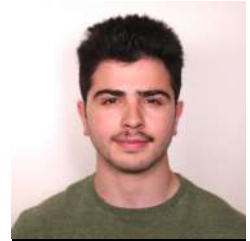
Abdullah S. Binsaeedu  
The meaning of life is to give  
life meaning



Abdullah Shaikh



Abdulmoiz Abdulwaleed  
Count on one hand who I  
trust



Abid Dabado  
Remember to master the  
basics before focusing on the  
details.)



Abubakr Bajaber



Ahmed Elshaer



Ali Hassan Mushtaq



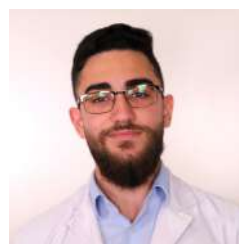
Arman Zuhur



Aiman Jameel Muqrad  
.. كَلَّ. لم يَأْنِ الأَوَانُ بعد



Ayman Elghazaly  
Do I submit my quote here?



Fadie Altuame



Faisal Rustom



Hamad Alhassan



Hashem Albunni



Juzer Nadri  
Follow @raihaan\_sajid for  
great content



Mohamed Yousif  
Try and be the reason someone  
gains faith in humanity



Mohammad Alaa Mufti  
What I think I look like in the  
hospital



Mohanad Albaroudi  
What my parents think I'm  
doing in the hospital



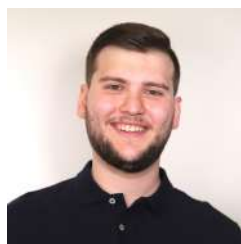
Amru Alrifai  
What I'm actually doing in  
the hospital



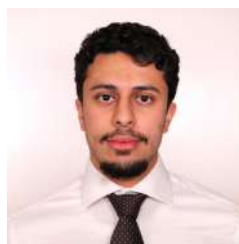
Kenan  
We couldn't fit in the joke



Naser Essa



Nasouh Aljabi



Nawaf Alsaeed  
And to think, all the diseases  
I've learned about could be  
treated with lavender  
essential oil.



Omar Altamimi



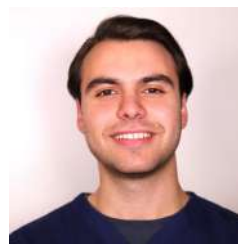
Raid Alhayaza



Rami Alhayaza



Rasheed Awad



Yamen Shayah  
May the good times never be  
forgotten. May the good times  
continue to roll.





Yasein Aswad



Yasser Aljufan



Youssef Almushait



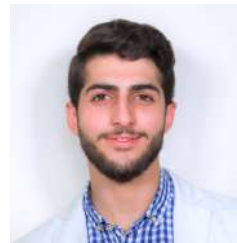
Zahid Alkhatib



Khaled Ahmed



Ibrahim Herwis  
A busy life makes prayer  
harder, but prayer makes a  
busy life easier



Ahmed Emad



# MEMORIES











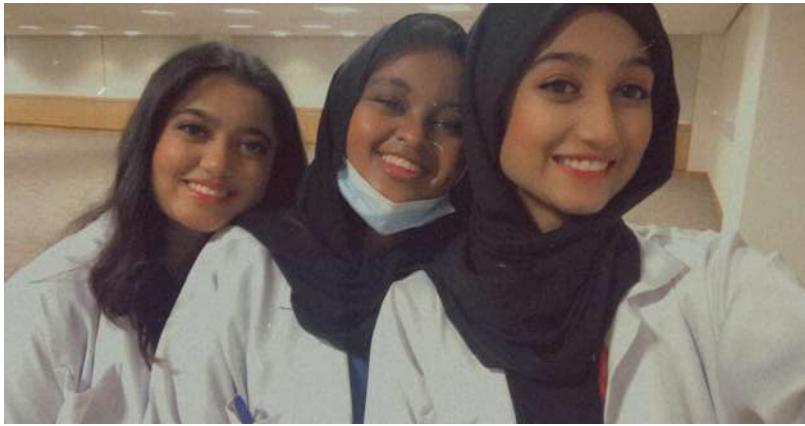
















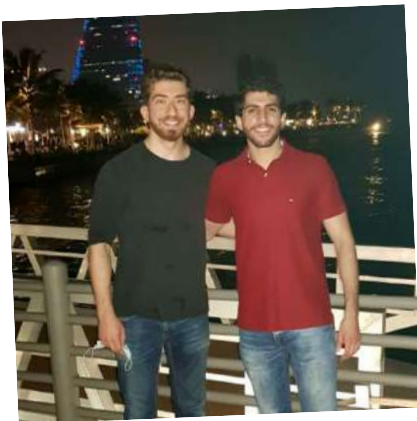
















# INTERVIEWS

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*Dr. Mustafa Abdelwahid*  
*Dr. Abdulaziz Bakhshwin*

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# AN EXCLUSIVE INTERVIEW WITH THE DEAN OF STUDENT AFFAIRS

Dr. Mustafa Abdelwahid

*Zainab Ifthikar*

*Student Affairs (SA) is a haven for our students at Alfaisal University from the beginning to even beyond the ending and they are flag-bearers of the ideology that students come FIRST. We at MedTimes got an opportunity to sit down for an interview with our Dean of Student Affairs, Dr. Mustafa Abdelwahid, who gave us a bird's eye view of all the spectacular work that goes on behind those glass doored offices on the ground floor. Buckle up and let the inspiration begin!*

1. Good afternoon Dr, and welcome. Can you tell our readers a little about yourself?

I am Dr. Mustafa Abdelwahid, I am a Sudanese American and currently serving as the Acting Dean of Student Affairs, Admissions & Registration. I started my education in 1987 in the former Soviet Union where I spent 6 years earning my master's degree in International Law. After that I returned to Sudan to practice law for 2 years., then I migrated to the United States where I transitioned to a new field of education and pursued a bachelor's degree in Political Science and International Development. In 1999 I started my master's degree in Information Management, which I followed up later by completing my PHD in Public Policy and Political Science.

2. As medical students, we only see our professors in the lecture theatre on a day to day basis, but there are so many people working behind the scenes who are also making our educational experience at Alfaisal exceptional and being our Dean of SA you are one of them, playing an extremely crucial role. Can you explain your role to us in more detail?

SA as you mentioned plays an important and integral role at Alfaisal. Our Deanship consists of several departments: The Admission, registration, Registrar which handles the graduation, the counselling units, activities, scheduling, and the IT at SA. Students journey at Alfaisal always start with the Admissions Office. Once we process their applications and admit them, they are then transferred to the registration department. This department advices students on what classes to enroll in and guides them throughout the registration process such as adding, dropping, and withdrawing from classes. Once the students have acclimatized to the environment, they are then introduced to the services that are available at Alfaisal; we highlight the existence of the counselling units that advices them on how to plan their studies, and how to handle pressure and stress.

During the academic year we highlight the availability of the abundance of extracurricular activities available at Alfaisal, through the MSA, ESA, etc.

And when the student's journey is about to conclude we move them to the Registrar's Office where we work closely with them to audit their transcripts, preparing for their graduation, and issuing other required documents upon graduation. After graduation, students pursuing postgraduate studies or residency will also come back to us for their transcripts to be rendered to International Agencies or Medical boards.

In summary, the SA job starts with the students from the day they enter the university all the way even after they graduate.

3. In recent times we have been battling with the COVID-19 pandemic and you have been one of the significant people who supported the running of the college in those hard times. Can you tell us about the challenges you faced in terms of work during COVID-19 and how did you tackle them?

We had a special advantage here at Alfaisal during COVID-19 because the majority of our faculty at Alfaisal came from Western universities and have had considerable exposure to the online environment and are familiar on how to handle classes online.

The second factor is that the online education existed and utilized at Alfaisal even before the COVID-19 pandemic, unlike the other universities in the Kingdom or even in the region. Our IT department worked closely with the faculty members from different colleges. This made everything easier for everyone.

The hardest part for us at SA was how to navigate and orchestrate all those steps in an online environment. As I said in SA, the student's file is handled by over 5



departments and many of our work requires inputs not just from within SA but from all other entities too. For e.g. in scheduling classes we have to meet with representatives from our colleges and then we combine these contributions to make a coherent, non-conflicting schedule that will cater to the needs of 3500+ students at Alfaisal. We ensure that all avenues are open for students to take the classes they want, and a prime example is the elective classes offered after 5pm so that CoM students can attend them after their rotations at the hospital. Hence, this was challenging but we were able to manage things smoothly. And I am happy to say we were one of the universities in the Kingdom who were able to transition so smoothly to online education.

4. Alfaisal has been ranked in first position for the second consecutive year. Can you tell us about your perception of our University and students? And can you rate the growth of our college from the time you joined Alfaisal and how it is going today?

I joined Alfaisal in 2012, and luckily this was the year the university had expanded its reach and admitted female students too. Since that time, we witnessed an unprecedented growth and in my more than 10 years of experience in education I have never come across a university that has been able to move up so quickly in rankings both regionally and internationally like Alfaisal has. For e.g. our college of medicine and life sciences ranked number one in the region in just 10 years and is now the University is moving to the top 200 worldwide according to the latest rankings of the Times Higher Education.

If you ask me why that's the case, I will say they are several factors that contributed to this success; First, we are the most diverse university in the region with students from 40+ nationalities. Second, we were also the first universities in Saudi Arabia that opened all the engineering fields to female students (previously female students in the Kingdom were limited to only interior design and architecture, now they can join in engineering programs such as software, electrical, mechanical, or industrial engineering.

The third factor is the new financial concept that we implemented, which is the Non-profit concept, introducing new type of scholarships to attract highly qualified students such as our need-based and merit-based scholarships which was novel to the middle east. Due to this generous scholarship scheme by the King Faisal Foundation many students were able to join Alfaisal regardless of their socio-economic status. The high ranking, especially in CoM, is largely due to the quality of the students we have. During my tenure in the Deanship of Student Affairs, I can say with confidence that our students body include large number of students who could easily get accepted to any ivy league university in the United States if they choose to apply but they chose Alfaisal. This is clearly demonstrated not only in their

achievements in their undergraduate years, but also in their performance in local and international licensing exams, in the type of the programs that they are able to secure admission in after their graduation, and the feedback that we are constantly receiving from employers. To summarize, the secret ingredient for Alfaisal is our talented students.

5. What areas do you think we can seek for further improvement in our university?

For me, I will say the completion of the CoM building which we will start working on it soon, and the possibility of having our own dormitories.

6. You are in such an esteemed and responsible position at our college that I am sure that you are inherently equipped with the skill of problem solving. Through this interview I would like our readers to take home a message from this skill too, so would you mind sharing with us a tough issue that you had to encounter and resolve in SA?

After assuming the Deanship of SA several years ago, my immediate attention was funneled to fully automating the SA operation, and also, as a young university we had to work in completing and codifying all our rules, regulations and guidelines. At that time these were our top two priorities and in the past years we were able to achieve these goals.

The most recent service that we launched is the student recognition letters system and the certificate verification system which are available online as opposed to our old method of having to come in person to obtain them, with few exceptions, all services that are traditionally provided by the SA are now fully automated and accessible to our students remotely.

7. To conclude Dr, our final question is: what advice would you give for our incoming freshman students? How can they make the best of their college experience?

What I tell them is that we live in a constantly changing environment. Globalization and advancement of technology have changed our world forever. As student, you are no longer limited in your education to your society or country, you are becoming a global citizen. This means student should broaden their knowledge about the world that we live in, they must understand that in order for them to succeed, they must be able to compete not only with their fellow citizens but also globally.

We have all seen in recent times how things were going according to plan and then suddenly how COVID-19 changed everything such as how we study, behave, socialize, and see the world. So, always be open-minded and compassionate about others and engage with the outside community.

# How to CRACK A 270+

*with* **Dr. Abdulaziz Bakhswin**

*Eman Ahmed*

**Introduce yourself, please.**

I'm Abdulaziz Bakhswin. I'm an Intern at Alfaisal University and I'm happy to be here with you. Some of the things I like to do are going out with my friends, playing football and volleyball. I'm a proud supporter of Etihad and Chelsea. I also like driving a lot; especially in the desert. I like many kinds of food, but shawarma and steak would be my favorite.

**Why did you choose medicine?**

Actually, it was a childhood dream. Both my parents are doctors. My father passed away when I was 7 years old due to a myocardial infarction and since then I've wanted to be a Cardiac Surgeon.

**Was Alfaisal University your first option?**

Not really. I graduated high school in the US and then went to George Washington University for 1 year where I did Biomedical Engineering and Premed at the same time. I was also enrolled in the King Abdullah Scholarship Program for Saudis. But my mom was coming back to Riyadh so I decided to join her and complete Medical School here as it was a shorter path too. I applied to Alfaisal and many other universities, but I got into direct admission so I decided to continue at Alfaisal.

**How did you spend your quarantine?**

Studying for Step 2

**When did you start preparing for Step 2?**

I finished my Step 1 in October 2019 and around January I began preparing for Step 2. In lockdown, I got a chance to concentrate better on it and also use the quarantine to its best. So, from March till August is the period where I really studied well and focused on getting it over with.

**What were your resources?**

My primary source for both Step 1 and Step 2 was First Aid and Uworld. First of all, having Step 1 in your pocket is really important. So, anyone who wants to take Step 2, I really advise them to start by taking Step 1; because the knowledge you gain will tremendously help you in Step 2. It will make it a lot easier and faster for you to finish studying and understand everything. Many of the concepts in Step 2 are the same as Step 1 but with few additions. If you have the information of Step 1, it will take you around 6 months to finish instead of 1 or 2 years.

The main resource I used was Uworld. I was doing 1 block (40 questions) per day, at a random fashion, timed. After finishing the block, I used to go over the explanations, highlight important stuff, sometimes I used to have a separate word document where I write the most important points to revise later. In Uworld, there are many tables and diagrams which are really helpful so I used to make flashcards and revise them on a regular basis because they help in organizing your thoughts, so I advise anyone who wants to do Uworld to take advantage of that because it will make your life much easier.



After I finished UWorld, I had 3 weeks before my exam which was on August 12; I focused on my mistakes. This really benefitted me. After that, I started doing AMBOSS questions; I used to finish 80-100 questions & focus on the explanations for my wrong answers. At that time, there was a 2-week free trial for AMBOSS so I did my best to complete at least half of the 2400 questions. After that, I had 5-6 days before my exam; I went back to Uworld & did as many questions as I could. I did around 500 questions in 5-6 days. I kept doing as much as I could just to refresh my memory.

**Did you ever feel like you were ready?**

To be honest with you, I have never felt 100% ready for Step 1 and Step 2. The way I like to do it is put a deadline for myself. I fix an exam date and I do my best to finish as much as I can so by that time, whatever I have is whatever I have. But Alhamdulillah, most of the time I've reached my goal. Some people like to study and whenever they are ready, they book the exam. I do it the other way around. The stress makes you more efficient.

**How was the exam itself?**

It was a tough exam; it is a 9-hr exam with 316 questions (8 blocks). Initially, you have stamina you solve much quicker and stay focused, but towards the end my last three blocks were torture. You reach a point where you just want to finish, literally. For both Step 1 or Step 2, you have to be prepared to sit for 7-8 hours straight, focused without distractions. I did practice this. In Uworld, there are self-assessment 1 and 2 which have 160 questions (4 blocks), and the "free 120" which is a practice exam offered by the USMLE committee itself. So, 2-3 days before the exam, I did UW Self-Assessment 2 and the "free 120" together to simulate the real exam. The questions themselves were kind of vague. Sometimes they try to throw you off but always just stick to your gut. But you also have to keep in mind that around 20% of the exam is experimental. So out of 320 questions, 80 are not even counted in the final score but you don't know which 80.

**What was your reaction to your results?**

To be honest with you, in Step 1 Alhamdulillah I got a good score (it was a 260) but my practice exams predicted a higher score so I was a bit disappointed. But I was very happy. For Step 2, I lowered my expectations. I was aiming for a decent score; I wasn't aiming for this number at all. So, I was really really shocked. I did not believe it. I used to even check the score every other day to make sure it isn't a mistake or got changed. The day that I got the score I was going to Yanbu for a trip with my friends, just before internship. And just before we departed is when the score came out. It was a really good feeling and we had a lot of fun in there. So that was my celebration.

**What are your future plans?**

I want to be a surgeon. I'm aiming for General Surgery if I'm going to the US. Other subspecialties like Ortho, ENT, Neurosurgery are more challenging and competitive but also not of my interest. If I go for General Surgery, I'll have my options open. Or I'm thinking of Pediatric Surgery as well.

**What is your secret to success?**

I think hard work forever pays. I think being ambitious and trying to be your best. I really like to be the best in everything I do. So that's something that keeps me going. Sometimes you have to go the extra mile like sacrifice good things for the sake of success. It could be health, sleep, hangouts sometimes, but if you want to get there, you'll do whatever it takes to get there. It's also not like some people have special abilities and that's why they get high scores. I agree people have varying degrees of mental capabilities but that's not the defining feature. I think 5-10% goes for smartness and the rest accounts for hard work.

**What do you have to say to the readers?**

Just know that when you do Step 1 or Step 2 don't try to overwhelm yourself with studying; it's not a 100m sprint, it's a marathon, you have to be consistent throughout. Keep short-term goals like 40-50 pages per week and be consistent with it. When you do Uworld and NBMEs don't get demotivated if you see a lower score, try to be realistic and confident with yourself.







# Medical Articles

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*Stem Cell Treatment of Paralysis in Traumatic Spinal Cord Injury*

*Immune Checkpoint Blockade*



# STEM CELL TREATMENT OF PARALYSIS IN TRAUMATIC SPINAL CORD INJURY

*MAHA HAMEED*



Severe spinal cord injury is a devastating condition that impacts not only the patients suffering from it but also their families and broader communities. Currently, there is no way to reverse the devastating life-changing effects of paralysis from spinal cord injuries. As such, management involves only supportive care such as physical and occupational therapy.

It is of no surprise therefore that spinal cord injury been the subject of vast studies around the exploration of the best possible treatments. Dr. Bydon, a neurosurgeon at Mayo Clinic in Rochester, Minnesota recently published a study in the Nov. 27, 2019 issue of Mayo Clinic Proceedings which examined the first case at Mayo Clinic of mesenchymal stem cell therapy tested in humans for spinal cord injury.

Mesenchymal stem cells are derived from the patients' fat cells, which are then cultured, expanded, and then reinjected into the patient through a lumbar puncture. The research discusses the experience related to the first case in a phase I safety study of mesenchymal stem cell treatment for spinal cord injury.

The research centers on a 53-year-old man who suffered a spinal cord injury in a surfing accident that left him paralyzed below the neck. The patient had immediate improvements with standard therapy but plateaued at six months post-injury. Researchers enrolled the patient in the study at Mayo Clinic 9 months after the accident and injected the patient with stem cells 11 months after injury. After the stem cell injection, the patient had significantly improved motor and sensory function in both upper and lower extremities.

It is important to note that this patient was a super responder, and much like in cancer trials, there are responders, non-responders, and super-responders. This particular patient that was subject 1 in the study was a super-responder. This is not to say that every patient will respond in the same way, in fact from this study 2 out of the 10 patients injected were non-responders while the majority of the others were moderate responders.

Dr. Bydon cautions that since each patient is different, it's too early to consider stem cell therapies as a treatment or cure for paralysis from spinal cord injury. He also adds that much like early trials in general, the stem cell trials are going to show variable response rates. Further study is still needed to understand the effectiveness of stem cell lumbar injections and why patients may respond differently.

Nevertheless, this case report is important to the scientific community because it demonstrates a newfound ability through stem cell therapy or regenerative therapies, to impact patients healing after a spinal cord injury. It is safe to say that regenerative therapies will be a much-anticipated part of future treatment algorithms for patients with spinal cord injury, over the coming 5-10 years.



# IMMUNE CHECKPOINT BLOCKADE

*Feras Ataya*



Professor James P. Allison graced Alfaisal University with a visit during March 2018, several months prior to being awarded both the King Faisal Prize for Medicine and the Nobel Prize in Physiology or Medicine, where he delivered a lecture on Immune Checkpoint Blockade, a novel cancer therapy that he has been working on since the mid-90s.

Cancer is typically caused by a plethora of mutations, resulting in genomic instability. It is imperative that one thinks of cancer as multiple, distinct diseases each characterized by specific genetic alterations, allowing physicians to treat them with specific inhibitors of these mutations – a prime example of which is Chronic Myelogenous Leukemia that arises as a consequence of a translocation between chromosomes 9 and 22, creating the BCR-ABL fusion protein that is responsible for the malignant proliferation of myeloid precursors. The BCR-ABL fusion protein is a tyrosine kinase enzyme, and by prescribing a tyrosine kinase inhibitor like imatinib, patients can achieve cytological and even molecular remission. The essence of this form of cancer therapy, as well as the wide array of others, is interfering with the expression of driving mutations.

A fundamental drawback of utilizing such therapies is that malignant cells have the potential of developing resistance – recall that cancer is a consequence of many different mutations and not just one, thereby significantly enhancing the ability of malignant cells to develop mechanisms to metabolize the anticancer drug, the same fundamental principle behind beta lactamase-producing bacteria that enables their multi-resistance to beta lactam antibiotics.



However, the immune system plays an important role in identifying and killing potentially cancerous cells, in addition to its well-established role in fighting pathogens. Dr. Allison posed the following question. “Can we augment the immune system in order to upregulate its anticancer activities?”

The answer to that question was, modestly put, earth shattering.

In his lecture, Dr. James P Allison recalls the story of a lung cancer patient that had been put through several different cancer therapies without any success. She was deemed terminal and had less than a year to live. Her physician offered her ipilimumab, a phase 1 drug at the time (meaning that it has not been established safe or effective in clinical trials yet), as a last resort.

She was administered 1 injection of ipilimumab, dosed at 3 milligrams per kilogram of body weight.

4 months later, all her tumors had disappeared. 10 years later, she was still tumor-free.

Immune checkpoint blockade is an utter paradigm shift in cancer therapy. Markers on tumor cells are not targeted and the immune system is not “turned on” via cytokines or vaccines. Rather, inhibitory pathways of T-cells are blocked so that “they can do a better job of what they were doing,” as Dr. James put it in his lecture. T-cell activation requires a primary signal and a costimulatory signal that must be received by the T-cell contemporaneously. It was thought that T-cell activation was inhibited by T-cell death, but Dr. Allison’s team discovered that upon receiving both the primary and costimulatory signal, two pathways would commence, one that would activate T-cells, and one that would block T-cell activation: CTLA-4.

The role cytotoxic T-cells play in recognizing and destroying cancer cells has been well represented in the literature for years, but the precise mechanism behind the inhibition of T-cell activation that plays a protective role in healthy individuals yet is a major obstacle in patients with cancer was only firmly identified by Dr. Allison’s team. Ipilimumab targets CTLA-4, blocking the “checkpoint” that would inhibit further T-cell activation, therefore unleashing the immune system on the active malignancy. It is worth noting that in healthy mice models, blocking the CTLA-4 checkpoint resulted in diffuse lymphadenopathy that was lethal in a few days. An unhinged immune system does more harm than good, but in Dr. Allison’s cancer patients, they induced long-term remission that has reached decades – cancer survival is measured in 5-year intervals.

All is not sunshine and daisies, unfortunately. Some patients respond splendidly and completely. Other patients do not respond at all. More work needs to be done in this field in order to address this wide discrepancy in response to immune checkpoint blockade, and when this piece of the puzzle is finally figured out by brilliant minds like Dr. Allison and his team, “cancer cure” may one day be a viable phrase and not a hopeful lament.



# GRADUATION SECTION







CLASS  
OF

2

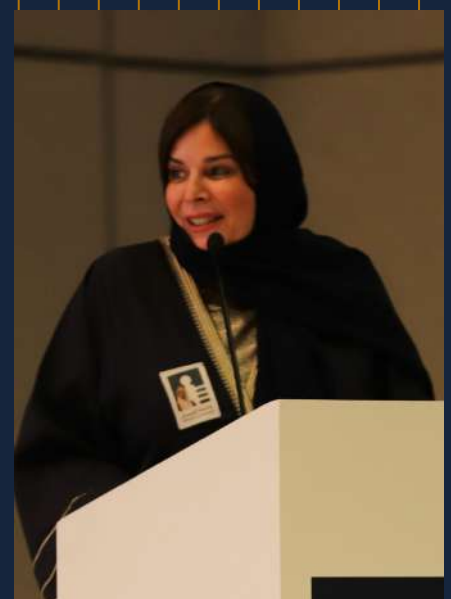
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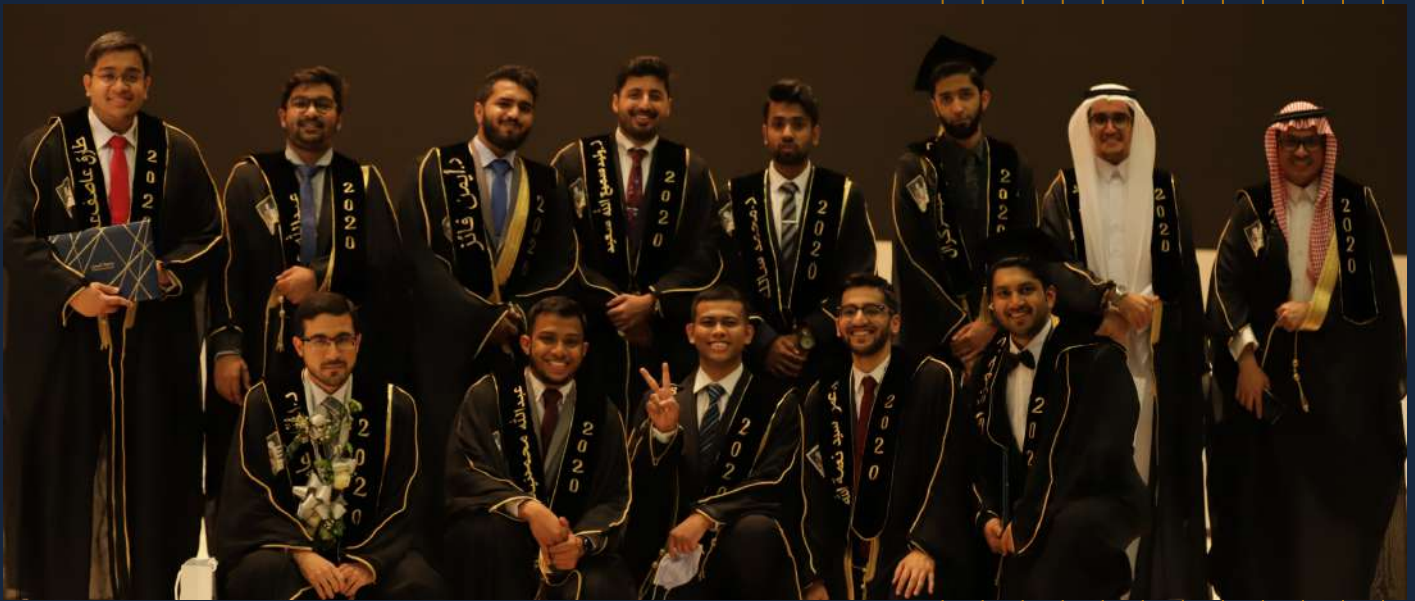








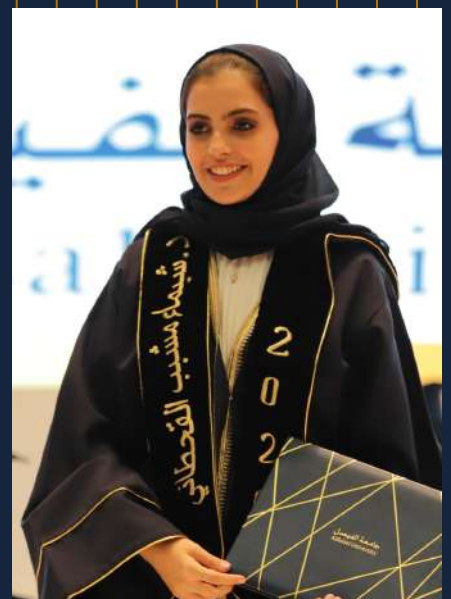








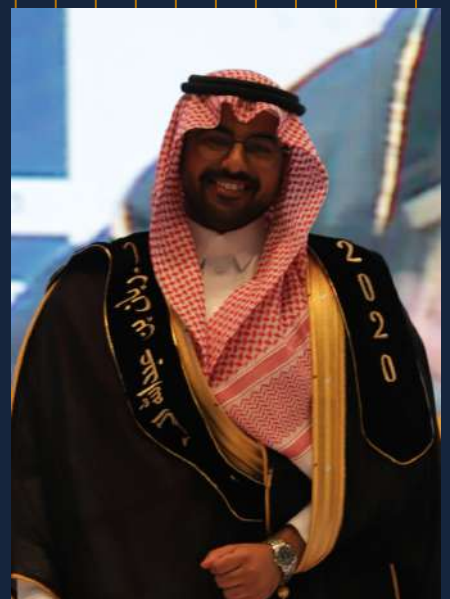




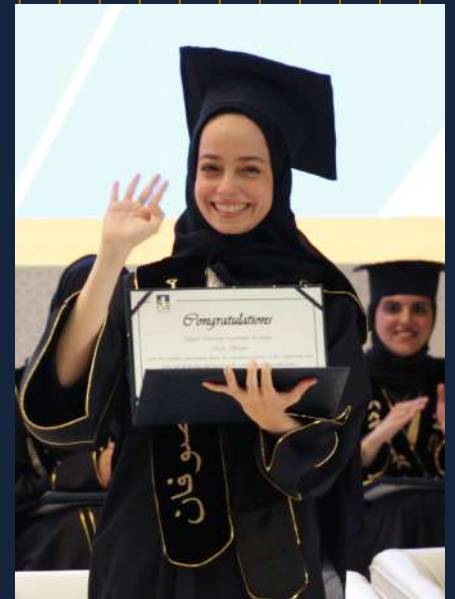




















# AYA BINT TURKI AUDITORIUM



8TH BATCH  
YEAR 5



# أميرة هيا بنت تركي





Dr. Abdullah Eiad Tajeddin

كالغيث كنُ أملاً وجُذ منْ دونِ مقياسٍ.. طمئنْ قلوبَ الناسِ إنّ الناسَ للناسِ.. كالغيثِ كنُ سبباً لتحياي  
قلبِ إنسانٍ



Dr. Albara Abdulbari Arefi

الحمد لله الذي بنعمته تتم الصالحات"  
شكرا بابا شكرا ماما شكرا عبدالرحمن شكرا جودي على كل شيء قدمتموه لي ومهما كتبت وعبرت لن استطيع ان اوفي حقكم علي  
شكرا دكتور عاكف على وقوفك معي في أحلك الظروف  
شكرا جامعة الفيصل الدفعة الثامنة وبالأخص اصدقائي بل اخوتي لولاكم ما أصبحت الشخص الذي عليه الآن

My dear Sth batch, Exquisite MSA People 2017-2018, friends and colleagues from different batches, thank you for putting your trust in me and always coming for me as the one person with all answers Google/Siri of Alfaisal. I really appreciate that and I was so lucky to meet you all and hope I did a good job (I know I did XD) love you guys

أتمنى أنني كنت عند حسن ظن الجميع والله يقدرني على المساعدة دائماً  
") مع تحيات السفير  
#HS4evr



Dr. Abdullah Mohamad Zahlan

عظمُ المراد فهان الطريق فكانت فرحة الوصول على قدر المشقة، فما تناهى درب ولا خُتم جهد ولا تم سعي  
إلا بفضلٍ وتوفيقٍ من الله سبحانه وتعالى؛ فالحمد لله على البلوغ والحمد لله على التمام والحمد لله على كل  
حال.

أهدي تخرجي هذا لوالدي ووالدتي وأشقائي الذين لولا هم بعد الله لم يكن لهذه المرحلة أن تصل لنهاية ولا  
لهذه الفرحة أن ترى النور؛ فجزاهم الله كل خير على قدموه وبذلوه ووفقنا وإياهم لبدء مرحلة جديدة في عالم  
يمر بتحديات كثيرة أوجدها وباء كوفيد-19 أسأل الله أن يرفعه عنا وأن يشفي من أصيب وأن يرحم من توفي  
والحمد لله رب العالمين."



Dr. Ahmad Dawalibi

الحمد لله الذي بنعمته الصالحات.. اللهم لك الحمد كما ينبغي لجلال وجهك ولعظيم سلطانك.. اللهم لك  
الحمد حتى ترضى ولك الحمد إذا رضيت ولك الحمد بعد الرضى.. اللهم لك الحمد حمدا حمدا ولك الشكر  
شكرا.. اللهم لك الحمد بمحامدك كلها علمت منها وما لم أعلم  
أنقدم بالشكر بعد الله لوالدي العظيم المهندس بشر الدواليبي و والدتي العظيمة نبيهة مهملات اللذان  
وقفوا معي وقدموا و ما زالا يقدمان كل غالي ونفيس لأجلي.. أسألك يا الله أن تحفظهم بحفظك وترعاهم  
برعايتك وترحمهم برحمتك و تملأ أيامهم بالسعادة وترزقهم الصحة والعافية يارب."





Dr. Ahmad Amer Mandil

الحمد لله حتى يبلغ الحمد منتهاه"  
أسأل الله العلي القدير أن يمكنني من أن أسخر ما حصلت عليه من العلم في طاعته و مرضاته في نفع  
الإسلام والمسلمين وأن يكون هذا العلم صدقة جارية لكل من ساهم في بناء هذا الصرح العلمي العظيم  
وكل من علم فيه و الحمد لله رب العالمين "



Dr. Ahmed Hisham Alsakah

"Success is not final, failure is not fatal: it is the courage to continue  
that counts."  
- Winston Churchill



Dr. Albara Mohammad Basit

As this chapter is approaching the end, firstly, I would like to thank God for everything  
and for making this achievement possible. Also, I would like to thank my father and  
mother who supported me the most during this challenging journey and throughout  
my toughest times, they were always there for me. Lastly, I want to thank all my family  
members and my friends who were there for me whenever I needed support. My final  
lesson is You are braver than you believe, stronger than you seem, and smarter than  
you think. The journey did not end, the journey has just started.



Dr. Ali Saeed Alzahrani

(( اللهم لا سهل إلا ما جعلته سهلا، وأنت تجعل الحزن إذا شئت سهلا ))



Dr. Anas Idris

..الحمد لله وما توفيقى إلا بالله  
اليوم أقف على مشارف أحلامي، أرقب رحلة فيصلية، بدأت بقرحة القبول وطموح الوصول.. تخللها الكثير من التحديات والعقبات التي هانت وتلاشت بتوفيق الله وصارت حكايات من البذل والعطاء والتضحيات..  
أبي وأمي وأخي.. عائلتي ومنيع سعادتي..  
لا شكر يوفيكم ولا عطاء يكافيكم، كنتم المرجع الآمن الحكيم خلال محطات رحلتي.  
أصدقائي.. عائلتي الثابتة.. شركاء الابتسامة والأمل..  
كنتم دوما اليد التي تشد على يدي والنور الذي يشع في قلبي..  
اليوم لا أكتب هذه الكلمات لنهاية رحلة دراسية.. بل أنسخ بداية قصة إنسانية تعلمناها في رخاب فيصلنا على يد أساتذتنا الكرام الذين لا مدح لكم بكفى ولا وصف يفي،  
بذلتم لأجلنا ونحن اليوم نتأجكم وحصاد زرعكم..  
"" وأن ليس للإنسان إلا ما سعى وأن سعيه سوف يرى ""  
أسأل الله أن يكلل مساعيها بالتوفيق وأن يشرفنا بمساعدة الآخرين وشفاء أوجاعهم واستعادة آمالهم..



Dr. Hasan Saeed Hulwi

Wherever your destination is, go with all your heart..



Dr. Ibrahim Safwan Ibrahim Al Taha

Finally.



Dr. Khaled M. Abdullah

"Alhamdulillah!

Words alone could never hope to express the emotions I felt along these six-years. There were sleepless nights and the earliest of mornings. There were sweet successes and chances to learn. There were lifelong lessons and an eternity of thanks. By first and foremost the Almighty followed by family, friends, and faculty was I able to become the person I am today.

It is truly beyond my capability to be able to express how it feels to graduate alongside the colleagues whom I now proudly call my brothers and sisters. It is a wonderful achievement but not a finish line by any means. Our future roads await us, and we all must find a way to pave a way to them, each in our own way. My fellow graduates, it was an honor to spend this journey with you and may it not be our last!"





Dr. Mahmoud Al Eraky

"You can't do it alone. Be open to collaboration. Find a group of people who challenge and inspire you. Spend a lot of time with them and it will change your life."  
— Amy Poehler

I can't believe I'm a Doctor now!!!  
The past 5 years were eventful to say the least but I can proudly say I am not the same person I was when I was accepted to Alfaisal. Today's me has grown and glown in every way possible and I couldn't have done it without my family, friends, loved ones, and faculty. I owe this to everyone who's ever inspired me, challenged me, or helped me grow. My life has truly changed, and this is only the beginning. Only onwards and upwards from here!



Dr. Malek Sadkh

كُن جميلاً ترى الوجود جميلاً



Dr. Tariq Asef Alam

Alhamdulillah... Alhamdulillah, we've made it. It's been a crazy, long, hard working 5 year journey and we are only half way through. There is a good reason they call these ceremonies "commencement exercises". Graduation is not the end, it's the beginning.



Dr. Mohamad Saleh Maan Alabdajabar

وكان فضلُ الله عليك عظيماً... اللهم فلك الحمد



Dr. Wessam Abdulallah Ali Al-Ghamdi

It's just the beginning. See you next chapter.



Dr. Muaz Mohammed Qasim Alnan

الحمد لله الذي بنعمته تتم الصالحات، وبتوفيقه تتحقق المقاصد والغايات... شكراً أبي، شكراً أمي، شكراً أخوتي وأخواتي، شكراً لأصدقائي ولأساتذتي ومعلمي ولكل من له فضل علي، وشكراً لكل من تبشّم فرحاً لأجلي... سريرة هي الأيام كيف تمضي وكيف لها جسّ الأمس أن يصبح ذكرى الغد... هو حلم تحقق ورحلة شارفت على الوصول، لا لنهاية الطريق ولكن لمحطة انطلاق إلى رحلة أعظم بإذن الله.



Dr. Mohamad Ahmad Bakir

على ماذا اتفقنا يا فؤادي؟ إذا ضاقت عليك فَمَنْ تُنادي؟ تُنادي الله خَلّاق البرايا، تُنادي مَنْ يُنادي يا عبادي  
 ("كل ما أنا فيه من خير هو من الله")



Dr. Osamah Munaf Shakir AlQassab

"من لا يشكر الناس، لا يشكر الله""  
 بعد فضل الله ومنّه علي، أحب أن أهدي نجاحي هذا إلى أمي وأبي، اللذان لطالما كانا سنداً وملجأً لي خلال رحلتي الدراسية، رحلة مليئة بالصعاب والعقبات، جبال وهضبات، مرتفعات ووديان...  
 رحلة لم تكن لتتم لولا الله ثم وقوفهم معي، فشكراً لكم من القلب، وسأبذل قصارى جهدي لكي أعوضكم عن ما بذلتموه لي. ومن القلب أقول لكم: "أحبكم"  
 أبي وأمي شيديا لي الطريق، وأعطوني المركبة والطائرة والشارطة ولكن هذه الرحلة لم تكن لتحلوا إلا بجوار الرفاق، أحب أن أقول لهم فرداً فرداً، كنتم خير من رافقتني وأنسني، وخير من التجئ إليهم عند حاجتي، فمن هذا المنبر أيضاً أحب أن أقول: "أحبكم في الله"  
 الحمد لله الذي منّ علي بنعمة دراسة الطب، وإذن الله سنكون خير من يحمل هذه الأمانة فلا حاجة للتنويه والتنبيه على مدى ثقلها، تكفيك حقيقة أن حياة أحدهم بين يديك!  
 وفي الختام:  
 "الحمد لله دائماً وأبداً""





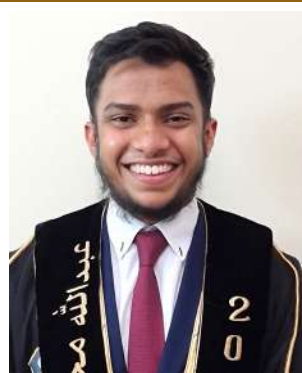
Dr. Waleed SamiUllah Saeed

We sail through endless skies, stars shine like eyes, and the black night sighs. The moon in silver dreams pours down in beams, the light of the night. The earth, a purple blaze of sapphire haze in orbit always. While down below the trees, bathed in cool breeze, silver starlight breaks dawn from night. And so, we pass on by the crimson eye, as we travel the universe.



Dr. Hamzah Afaq

"Started medical school, knew what to do.  
Ended it, no idea now what to do."



Dr. Abdullah Mohamed Niyas

Shout out Nirala squad for the last 6 years! Thanks for making everything just a bit better. Ew, too soppy, \*insert vomit emoji\*



Dr. Mohamed Ahmed Elashwal

الحمد لله الذي بنعمته تتم الصالحات.  
I think these past 6 years really have been the greatest I have lived so far. I'm proud of what I have achieved but the stronger emotion I feel is gratitude. Had it not been for my family, this feat would have never been achieved. My mom who is my rock helped me since day 1. And to my extended family - the friends I made in university - I can't thank them enough. Not only were they a huge support system through the years but they are the ones who helped discover myself and gain so much in confidence that I could have never imagined. I am so happy to have done this with and I couldn't have asked for better group. I will forever cherish those memories and those years. #HS4evr"



Dr. Amer Imad AlDeiry

"Forever grateful to my family and friends for being there for me through my highs and lows. Thank you for the endless support.  
البدايات للكل والثبات للصادقين  
الحمد لله"



Dr. Yousef Jadan Alsattaf

I paid 7 onerous years of my life to earn this space. And this represents nothing of what my parents have paid. Therefore, I'm dedicating this towards the people who deserve it the most; Jadan and Huda who have spent every second waiting for this moment. This goes out for you. And hopefully one day my kids will look back at this and get motivated towards the aid of humanity.



Dr. Tarek Alsibai

Dear Mom & Dad, Thank you so much for giving me all the best things you could give. Thank you so much for supporting and understanding me all this journey.  
Thank you so much, for being my parents.



Dr. Tareq M. Maher Mahayni

﴿وَإِنْ تَعَدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا﴾  
الحمد لله الذي أنعم علي ووفقني للوصول إلى هذه المرحلة والذي أنعم علي بأم وأب جعلوا من حلمي حقيقة والحمد لله الذي يسر لي أن أدخل هذه الدفعة بعد شتات لألقى بأصدقاء وأخوة جعلوا من اللحظات والمواقف أجمل ذكرة والحمد لله الذي وفقنا لتجاوز سنة ٢٠٢٠ وبالرغم من صعوبتها إلا أنها علمتني درسا مهما أن أستمتع بانعطافات الحياة إلى النهاية لأن فيها سنجد ما هو أهم من مرادنا.





Dr. Khaled Anwar Helmi

كُلَّمَا قَدِ حَشَيْتُهُ الْيَوْمَ وَهَمَّ  
فِي غَدٍ مِنْهُ تَسَخَّرُ الذِّكْرِيَّاتُ



Dr. Ayman Faiz

Onwards & upwards, it's time for the next chapter.

It's unbelievable how fast this day came, yet seemed so far away at the very beginning (just like the final of a block) These 5 years have been incredible, and I'm very grateful for my professors, friends, and family, who's help and guidance is immeasurable.

And, of course, as always, الحمد لله.



Dr. Abdulaziz Khalid Alkibsi

"Are you gonna stay and play... or are you gonna load and go" ~ Hassan Alkhairat, Paramedic



Dr. Abdullah Alkhani

Channel your energy; focus.



Dr. Abdulaziz Bakhshwin

الحمد لله على التمام والحمد لله على الكمال. بذلنا واجتهدنا وأخيرا وصلنا لغايتنا ومبتغانا، وما هذه إلا أولى خطوات المستقبل. الفضل في هذا النجاح، بعد الله سبحانه وتعالى، يعود لأمي وإخوتي ورفقاء الدرب، فشكراً لكل يد ساهمت في هذا النجاح، والكلمات تعجز أن توفيقكم حقكم.



Dr. Salim Mustafa Abduljawad

"Lights are turned off when mothers leave"

"Never quit what you want, and when life destroys everything and gives you only one hard choice; if you don't like it, be sorry for it, and make your own, it will be extremely hard for a while, but you will live the way you want for the rest of your life and that is the actual success."



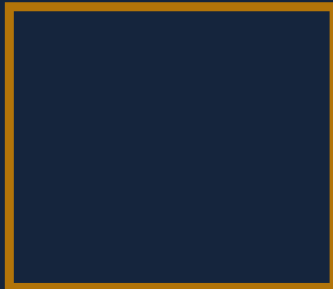
Dr. Muhammad Salik

"If you have the courage to BEGIN, you definitely have the courage to SUCCEED."  
- David Viscott

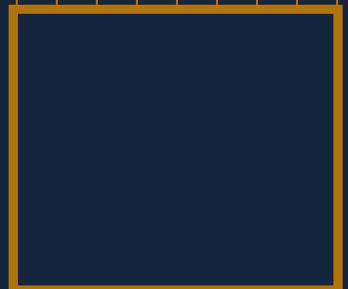




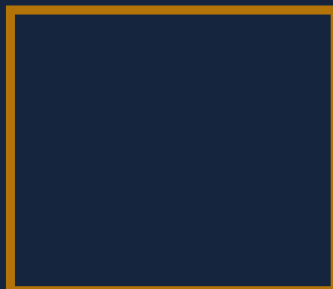
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Elfaham



Dr. Ahmad Obada  
Tammam Zino



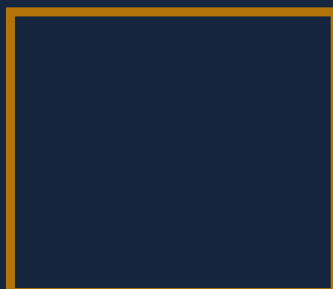
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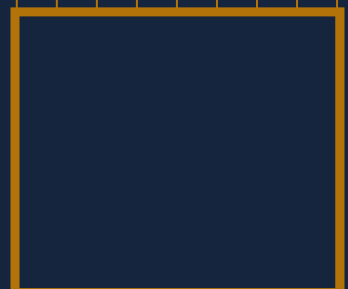
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Awad



Dr. Saud Mohammed  
Almuammar



Dr. Rakan Alhaidey



Dr. Alyaman Almiro

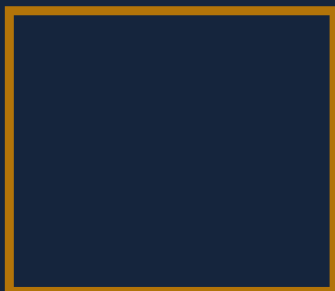


Dr. Alaa Ahmed  
AlGhamdi

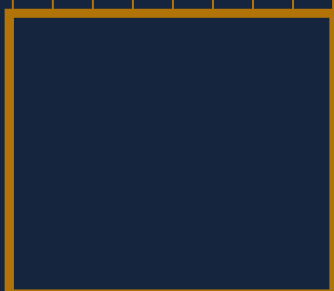




Dr. Ibrahim Abdulrahman BinAhmed



Dr. Omar Mohammad Zeitouni







Dr. Balsum Babiker Elgerray

"The only time you should ever look back is to see how far you've come"

- Kim Seokjin



Dr. Ftoon Sami Almarshood

"It has finally come to an end. The journey of 7 years. During those years, I've laughed, cried (A LOT!), and at some point just wanted to simply give up. Then it ended, all the late study hours, the overwhelming feeling that you need to excel, the physical and mental tiredness.. ended. And all I'm left with is both joy and fear of what's to come. One thing I know for sure, I MADE IT! Note to future self: you made it while surviving the COVID19 pandemic! Yay!

ولأن الشكر صديق الفرح المنسي، أشكر كل من دعمني لبدء لمسيرتي، من دفعني للأمام، من آمن بي حتى حين توقفت أنا عن ذلك، من أهداني صبراً حين فرغ صبري .. وأخيراً وليس آخراً من فرحوا لي اهلي، والمقربون لقلبي .. شكراً ولن يسع امتناني لكم كلمة شكر اليوم .. ببتكم دكتورة.



Dr. Ghadi Askar

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."



Dr. Ghaidaa Alfaraj

Yalla bye.



Dr. Hanaa Ali Fatoum

"Everything happens for a reason. Believe in yourself, work hard, play hard and enjoy the ride.

Never stop trying and when life closes a door, open it again. It's a door that's how they work."



Dr. Hoor Safwan Altaha

وما توفيقي إلا بالله  
الحمد لله والشكر له أولاً وآخراً، وكل الشكر والامتنان لوالدي ووالدتي العظيمين وأخوتي لدعمهم الدائم والمستمر لي.



Dr. Jawaher Jehad Alwatban

All my love and appreciation go to my parents, sisters, brothers, and friends. Mom, If it were not for your constant support, care, and prayers, I would not be where I am today. I owe my success to you.



Dr. Joud Kossai Enabi

{قُلْ بِفَضْلِ اللَّهِ وَبِرَحْمَتِهِ فَبِذَلِكَ فَلْيَفْرَحُوا}  
الحمد لله الذي بنعمته تتم الصالحات، الحمد لله ما انتهى درب ولا ختم جهد ولا تمّ سعي إلا بفضل،  
الحمد لله على البلوغ ثم الحمد لله على التمام.  
اللهم انفع بنا كالغيث أينما حلّ نفع.





Dr. Lana Anas Bilal

Thankful for the journey, hopeful for the future.



Dr. Layan Khalid Afaneh

I owe it all to my Mom and  
Dad, I love you  
الحمد لله



Dr. Nariman Dyab

Thank you Mom and Dad, i love you  
الحمد لله



Dr. Leenh Omar BaHammam

..بين أول أيام الطب إلى آخرها، عدد لا يحصى من الاختبارات الدراسية والحياتية  
لم يكن النجاح خفيفي الدائم فيها ولكنه كان الوجهة التي أنشدها  
..النهوض والسير المتواصل كانا نديمي الثقيلين جدا، أنقل مما تحتمله كثفاي في أكثر الأيام  
ولكن الوصول هو قدرتي الذي حملاني إليه. الوصول لشط الأمان كان شاقا وكثير من الأيدي جذفت معنا

كل ما أملك قوله اليوم هو  
..الحمد لله الذي ألهمني اليقين في لحظات الشك  
..والصمود في لحظات الاستسلام  
..والعزيمة في لحظات اليأس

..والحمد لله الذي بدل الحلم واقعا  
..والمشقة رضا. والفشل نجاحا  
والحمد لله الذي بلغني الوصول وأراني ثمرة جهدي  
..وبلغني الفرح والفخر مع من أحب

..الشكر بعد الله لوالدي على دعمهم اللامتناهي على مدى السنوات الطوال وأخواني ومن حولي  
..شكرا لايمانكم بي، لوقوفكم بجانبتي، لتمهيد الطريق أمامي ومساندتي  
أنا هنا اليوم، بفضل الله ثم وجودكم حولي



Dr. Maha Saeed Alzahrani

"To my parents, family, friends, faculty, and the Alfaisal community, thank you. If not for Allah, then for your unwavering support, I would not have been able to make it to graduation day. This is your achievement as much as it is mine.

To the eighth batch, congratulations! The road to get where we are today was not always simple and straightforward, but we made it. Be proud. Consistently remind yourself of your oath. We have a responsibility to fulfill, and I do not doubt that we can do so remarkably.

"Understand that one day you will have the power to make a difference, so use it well." — Mindy Kaling



Dr. Maram Bin Mahfodh

الحمد لله الذي بنعمته تتم الصالحات أن بلغني هذه الدرجة من العلم وكلل مشواري بالتوفيق والنجاح. جزيل الشكر والامتنان لوالدي العزيزين على ما قدموه من تضحية ودعم خلال مسيرتي العلمية ولكل من دعمني وألهمني من اخوتي، وصديقاتي، وأساتذتي الأفاضل.

وأسأل الله أن يوفقنا لما يحبه ويرضاه، وأن نكون جزءاً فعالاً لخدمة مجتمعنا.



Dr. Mariam Hendaz

{وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ} " الحمد لله ما تناهى درّب ولا ختم جهد ولا تم سعي إلا بفضلله، الحمد لله على البلوغ ثم الحمد لله على التمام. الشكر لله ثم لمن لهم فضل علي: والداي الكرام وأساتذتي الأفاضل. بعد مسيرة دراسية لخمس سنوات، حملت بين طياتها الكثير من الصعوبات والمشقة والتعب والذكريات الجميلة، نقطف اليوم ثمرها. اللهم ليس بجدي ولا اجتهادي وإنما بتوفيقك وفضلك علي.

" العلم يبني بيوتا لا عماد لها والجهل يفني بيوت العز والكرم "



Dr. Nadeen Alatiyah

"Success is not the key to happiness. Happiness is the key to success."





Dr. Leena Wael Taha

أهدي تخرجي وفرحتي لأمي وأبي وجدتي تغريد وجدتي فتحية وجدتي حبيب وكل روح  
شاركتني بدعائها  
الحمد لله على نعمة الكثيرة وإتمام تخرجي



Dr. Nashwa Mustafa Abdo Ali

"وما توفيقني إلا بالله""  
الحمد لله ما تناهى درب ولا ختم جهد ولا تم سعي إلا بفضلته، الحمد لله على البلوغ ثم الحمد لله على التمام  
الحمد لله على إكرامه، وإنعامه وجزيل هباته، الحمد لله حمداً عظيماً تنشرح به الأرواح وتستطيب به الحياة  
....  
"فالحمد لله عند البدء وحين الختام"



Dr. Noor Ali Alsibai

"It Always seems impossible until it's finally done  
To you my father and mother, I would definitely not be in this position today if it  
weren't for your endless love and support.  
الحمد لله الذي بنعمته تتم الصالحات... الحمد لله الذي ما خُتِمَ جهدٌ إلا بعونه.. ولا تم سعيٌ إلا بفضلته وتوفيقه"



Dr. Noor Nabeel Shihabi

Finally, we made it!



Dr. Nouran Ghanam

Hey Look Ma, I Made It



Dr. Raneem Masmoum

أُهدي هذا النجاح لِمَنْ كَانَ الدَّاعِمَ الأوَّلَ والوحيدَ  
لِمَنْ آمَنَ بي وبقدراي مُنذُ سنٍ صغيرٍ.  
لِمَنْ عَلَّمَنِي أَنَّ لا مُسْتَجِيلَ مَا دُمْتُ أَدْعُو اللهَ بِتَقِيٍّ.  
لِمَنْ أَهْدَانِي اليَقِيَّةَ، وتَوْجِيي بِحُسْنِ التَّزْيِيَةِ.  
لِمَنْ أَعْطَانِي دُونَ أَنْ أَسْأَلَ، وَسَانَدَنِي قَبْلَ أَنْ أَعْتَصِرَ.  
لِمَنْ أَسْعَدَ آبَائِي، وَهَتَفَ لِنَجَاحَاتِي.  
أُهديه لِمَنْ لَمْ تَنْقُطِ دَعَاؤِي لَهُمْ فِي صَلَاةٍ.  
عَالِلَتِي الْمُحِبَّةَ:  
لَمْ يَكُنْ هَذَا مُمَكِّناً لَوْ لا دَعْمُكُمْ المُسْتَمِرَّ وَحُبُّكُمْ اللامُتَّنَاهِي  
أُمِّي وَأَبِي، شُكْرًا مِنْ أَعْمَاقِ الْقَلْبِ ﴿٢﴾  
أَخَوَانِي، شُكْرًا لِوُجُودِكُمْ خَوَالِي وَالْعَقْبَى لَكُمْ ﴿٢﴾



Dr. Basmah Mohammad AlGhmdy

Bye Felicia.



Dr. Salam MHD Fayeze Albougha

الحمد لله الذي بنعمته تتم الصالحات، الحمد لله الذي أكرمني ووفّقني في إتمام الدراسة في كلية الطب  
وما النجاح بجهدٍ وحدي فما هو إلا توفيقٌ من الله ومن بعده من أهديهم نجاحي: إلى أعظم رجل فخري  
وسندي بعد الله أبي الغالي، إلى نور دربي والظل الذي آوى إليهِ أُمِّي الرؤوم  
إلي شريك الكفاح والحياة زوجي الغالي ونور العين ابني جواد  
إلى من تشاركت معهما لحظات الفرح والقلق، من غمراني باهتمامهما أخوَي العزيزان  
إلى الأهل والأصدقاء ممن شجعوا خطواتي وكل من كان له فضل في تعليمي حرفاً أكثر أنتم .. فلكم كل الحب  
والامتنان.





Dr. Shahad Alsuwailem

الحمد لله الذي بنعمته تتم الصالحات ، إلى سكان قلبي ، أهدي تخرجي إليكم .. أبي الغالي ،، يا من " شجعتني وأعطيتني الأمل وأرشدتني .. أمي الحبيبة،، يا نبع الحنان ، يا بلسمي يا روح الحب والعطاء .. إخوتي،، يا أجمل من ساندوني دائماً .. رفيقات دربي ، كنتن خير عون لي في هذه المسيرة.. ها أنا أخرج واسمي مقرون بلقب حلم الطفولة (الدكتورة)، و كلي فخر واعتزاز لأخطو أولى خطواتي نحو المستقبل ..حاملة معي مخرجات سنوات التعلم التي قضيتها في رحاب جامعتي  
شكرا لكم من القلب."



Dr. Shymaa Alkahtani

الحمد لله دائماً وأبداً



Dr. Walaa Mohamed Elsekaily

لكل إنجاز جنود مجهولة وأيدي عطاء خفية، وفي نجاحي في عبور هذا الطريق لكلية الطب، أم وأب آمنا بي " وبحلمي وقدمي لي السند والعون لأكون ما أنا عليه الآن.  
جامعتي الحبيبة ورغم كل المحن والصعاب التي واجهتنا، كنت وستظلين اسم فخر احمله على عاتقي لملك كان يحمل هم الشباب والتعليم.  
جاء الفايروس ليكون حاجزاً لتخرجنا وحافزاً لتقدمنا وإصرارنا على إكمال هذه المهمة الانسانية كوننا أطباء.  
الحمد لله على نعمائه وفضله.. الحمد لله الواهب.. الحمد لله المعطاء.. اللهم اجعلنا أهلاً لحمل هذه الأمانة."



Dr. Yara Alsouss

الحمد لله ما تناهى درب، ولا ختم جهد، ولا تم سعي إلا بفضلته  
شكراً لوادي و والدي نبع الحب و الحنان و الرضى، اللهم اجعلني قرة عين لهما واجعل للناس شفأاً على يدي و وفقني لكل الخيرات، والحمد لله الذي بنعمته تتم الصالحات."



Dr. Marium Salama

من جدّ وجد ومن زرع طلع البدر علينا من العائدين الفائزين



Dr. Nouran Altahan

أبحرت في نهر الكلام لأقتفي عذب الأحرف الواصفات لفصلكم، فتحطم قاربي عند اصفر موجة عطاء منكم.  
أمي، أبي وإخوتي هذا النجاح نجاحكم، والأصدقاء والزلاء لا أنسى معروفكم. اما الجنود المجهولون فأتركهم يدوي وإن لم يسمع صوتكم."



Dr. Rawan Riyadh Hejazi

..الحمد لله أولاً وآخراً الحمد لله ظاهراً وباطناً، الحمد لله أبداً أبداً ، الحمد لله حمداً كثيراً  
هاهي الأيام الصعاب التي ظننتها لن تمضي مضت ، وتبقت الأيام المثمرة أبدية في القلب والذاكرة. ممتنه لكل  
من آمن بي ووثق بإمكاناتي، فشكراً لأمي وأبي، شكراً عدد ماريت أيدكم برفق في أيامي الصعبة، شكراً عدد  
ماكنتم الظمانينة في كل لحظات التعب والجهد، شكراً كبيرة بحجم ما بذلتكم ولن تقى!، وشكراً للتجارب التي  
صنعتني وللعلاقات التي كسبت ، لا أزنها بالذهب. وللشخص الذين مروا كالقيم سقوا وماضروا.  
ممتنه لهذه الأعوام بما تحمل من لحظات وأشخاص وتجارب.  
اليوم بعد ان انقضى مشوار ظننت من طوله أنه لن يمر لكنه مر بعون الله وكرمه! وماكنت لأقف اليوم هنا لولا  
لطف الله وكرمه ، فاللهم اجعلني اهلاً لما اخترتني له.  
""وماتوفيقي إلا بالله"" فالحمد لله أن كتب لي أن أعيش هذه اللحظة وهذا الفرح الحمد لله حمداً سرمدني.



Dr. Mayar Helaly

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ  
اللَّهَ بَالِغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا  
الحمد لله  
So grateful for everyone who made this journey as memorable as it was!





Dr. Daeya Ahmad Jouma Al Hadid

""كان الجبل شاهقاً.. ما أن رأته العصفورة الصغيرة حتى اهتزت وخافت..  
كادت أن تستسلم، لكن خوفها أن تفوتها الفرص فلا تطير، كان أكبر.. كان أكبر..  
جميعنا عالقون ما بين خوفين أو أكثر..""

- شهادة محوك"



Dr. Sara Alideeb

الحمد لله

There are no better words of gratitude to use today than ""thank you"" Mom and Dad for the support and guidance. I couldn't be more grateful to share this happiness with my friends & colleagues. Best of all, I feel so blessed to have walked through this journey with my twin sister who was with me since day one.



Dr. Dalia Sriwi

Looking back, what resonates with me the most is my support system. Find your people and hold on to them. Try to have fun because you will realize that nothing is as serious as you think it is.

Baba, Mama, Tala, and Danial, you are my life. I love you so much.  
My friends, you have been there since day 1 and we are so blessed for having each other always.  
Peace out, Alfaisal.



Dr. Amani Elshaer

الحمد لله \* Blessed to be part of this whirlwind of a journey



Dr. Aida Ali Saad

قال تعالى (وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَى)  
 الحمد لله حتى يبلغ الحمد منتهاها.  
 من شُكر الله يكن شُكر عبده.  
 و هم استحقوا الشكر في أسماه: أبي وأمي، إخوتي و زوجي، وصديقات عمري. شكراً.  
 Dream big, work hard, and you will find yourself there sooner than ever -Dr. Saad



Dr. Safy Othman

Anyone who says it wasn't that bad is lying but it definitely was worth it  
 Now that the journey came to an end, how do I explain to my family I still have 5-6  
 more years of studying?

بابا ماما محمد و نوران شكراً لكل دقيقة بذلتموها لإسعادي ومساندتي  
 شكراً لكم من أعماق قلبي على عطائكم الدائم



Dr. Reem Elagha Elsaoudi

"What lies behind us and what lies before us at small matters compared to what lies ahead of us"  
 Reflecting back on the past five years, I can not be more grateful for this exquisite experience at  
 Alfaisal. At Alfaisal, not only did I learn a vast amount of medical knowledge, but in reality I  
 discovered more about myself than before. Through the ups and downs, successes and rejections,  
 and all the sleepless nights, I would not wish to have experienced these unforgettable moments  
 anywhere but here and with my friends who were my rock throughout it all. In the end, I would  
 not be here today without my main support system whose patience and guidance were the light  
 throughout this journey: Mom and Dad thank you for everything. I owe it all to you.



Dr. Yasmine Zaatreh

"ما أنزل الله داء إلا أنزل له شفاء"  
 الحمد لله والشكر لله  
 الحمد لله الذي تتم بنعمته الصالحات  
 إلى أمي وأبي شكراً من أعماق قلبي على كل شيء  
 How is it over already? But also how has it been forever? The greatest thanks to Mama  
 and Baba for getting me here. My siblings for bullying me to this point, except Saja  
 thank you for not. My friends for letting me bully them to this point.  
 Um.. but also.. like do I have to diagnose and treat... by myself..?





Dr. Malak Mutlaq AlMutlaq

Have faith in what you do, you will make it through ★



Dr. Noora Mohamed Rameez

All praise is due to Allah (swt) for helping me reach this milestone today. To the teachers who played a role in building me up to be the person I am today, thank you. I thank my siblings, who always reminded me that nothing is as serious as it seems. Thank you to my friends for being my companion in this journey, through the highs and the lows. And most importantly, I thank my parents whose support and guidance I would not be here without.

No amount of words can express my gratitude towards them for their selflessness and sacrifices.

May this mark the beginning of a beautiful journey for us all, congratulations 8th batch!



Dr. Shouq Rafat Khaleel Elmokid

الى عائلتي "  
الى جهد ابي ، وقلق امي ، وفخر جدي ، وكثف اخوتي اللذي لم يمل يوماً ، الى رفقاء الدرب  
"؟ اليوم بنتكم صارت دكتورته



Dr. Shahad E. Alalawi

""كان الجبل شاهقاً.. ما أن رأيته العصفورة الصغيرة حتى اهتزت وخافت..  
كادت أن تستسلم، لكن خوفها أن تفوتها الفرص فلا تطير، كان أكبر.. كان أكبر..  
جميعنا عالقون ما بين خوفين أو أكثر..""

- شهادة محوك -



Dr. Chowsan Safa

Who says time is money..  
My time is worth more  
than that



Dr. Anam Yousuf



Dr. Maha Hameed



Dr. Malak Saadaldeen



Dr. Amira M. Ali Nasser  
Allah



Dr. Arwa Almouh



Dr. Asma Hag-Sharfi



Dr. Faizun Nessa  
Audhry





Dr. Fatimah Assari



Dr. Hawazen Alahmad



Dr. Mariam Jamil



Dr. Naima Waheed



Dr. Raghad Mamlouk



Dr. Razan Abdulkarim  
Alnujaidi



Dr. Rahaf Bashaweesh



Dr. Leena Mohammad  
Allabboudy





Dr. Sara Kayali



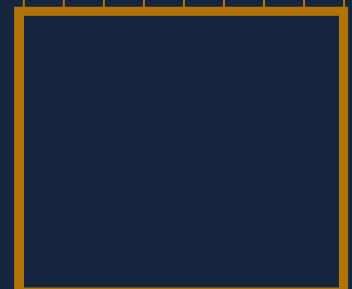
Dr. Nojoud Alsohaibani



Dr. Raghad Alswes



Dr. Abeer Alalwan





# NO PICTURES PROVIDED

1. Abdelrahman Emad Mostafa
2. Abdulaziz Saleh H Almohamedi
3. Abdullah Mohammad H Alhossan
4. Abdullah Mohammed Ali
5. Abdelrahman Jihad Alayoub
6. Abdulrhman Abdullah Alfadhel
7. Ahmad Mohammed Almaghrabi
8. Aisha Osman Elkhalfa
9. Alhassna Ali Alkahmous
10. Amal Ammar Alyousif
11. Ammar Nader Alshaikh
12. Amnah Khaled Althaqib
13. Anas Khlaled Mohammed Alsuraimi
14. Arwa Abdullah Almeslat
15. Aseel Khalid Aljaili
16. Atheer Abdullah Ibrahim Aljebery
17. Atheer Hani Allehaibi
18. Ayaat Adel Alsayed
19. Ayman Mhd B Esam Algzi
20. Aysheh Ahmad Khdeir
21. Dalal Khalid Almousa
22. Faisal Wael Manna Alkattan
23. Farah Essam Almulla
24. Fatima Elyas A Alyousef
25. Fatimah Abdullah Alshayeb
26. Fatimah Ali Aljishi
27. Ghadir Adel Alsabi
28. Hajar Adel Alreefi
29. Hawra Mohammad Abbas Alismai
30. Hind Mohammed Hassan Mahmoud Kazkaz
31. Imroz Hussain Hussain Apon
32. Isra Elamin Elmahi
33. Isra Syed Siraj
34. Khadija Mustafa Ahmed
35. Lama Hossam Abdelrahman Hassan
36. Lamyah Ahmad Faisal Alrayes
37. Lana Alaa Al-Dahleh
38. Luai Bahaiddin I Sallout
39. Mahmoud Fahed Katnani
40. Majd Muwafak Abdulmowla
41. Manal Abdullah Alshahrani
42. Maram Mansour Alrefaai
43. Mashaeh Abdelrahman Mohammed Alshowaier
44. Maya Mohammed Raef Othman
45. Maya Soufan
46. Mohammad Nehad Albalkhi
47. Mohammed Abdullah Ahmed Alyazidi
48. Mohammed Abdullah Alrushud
49. Mohammed Khaled Omar Baqazi
50. Mohammed Tahir Jawhari
51. Munira Abdulaziz Bin Talib
52. Najd Adnan Alamoudi
53. Nassir Ali Alghamdi
54. Nazmi Maher Alqutub
55. Nisreen Mohamed Rashad Kanbar
56. Noor Abdulghani Abdulmohsen Alghanim
57. Noor Tariq Alhaddab
58. Omar Ahnaf Arafah
59. Omar Syed Neamatullah
60. Ramie Majed Alsaeidi
61. Rayan Abdullallah M Almatrody
62. Razan Khalid Almesned
63. Reem Abdullah Alkathiri
64. Reham Maher Bader
65. Rida Khan
66. Samra Iqbal
67. Sara Abdullah H Alkhalfa
68. Sara Nayaz Ahmed
69. Sarah Ali Alghabban
70. Sarah Mansour Altowairgi
71. Sarah Radaan Aldosari
72. Sarah Waseem Salman Alnosaier
73. Saud Khalid Albatati
74. Shahad Bandar Almeqbel
75. Sinthia Binte Haque Ali Haque
76. Skenah Abdullah Salman Albiabi
77. Susan Alideeb
78. Talat Bazrbachi
79. Tasneem Safa Ashrafi
80. Tuqa Adil Alsinan
81. Wedad Munir Al-Najjar
82. Yahya Omar Ali Bawahab
83. Youssef Mohamad Altannir
84. Yousuf Mubashar Kharal
85. Zahra Haider Alshurafa
86. Zahran Ali Abobakr Baqashmer
87. Zainab Mirza Alsulabi
88. Zainab Rauf



# MEMORIES

















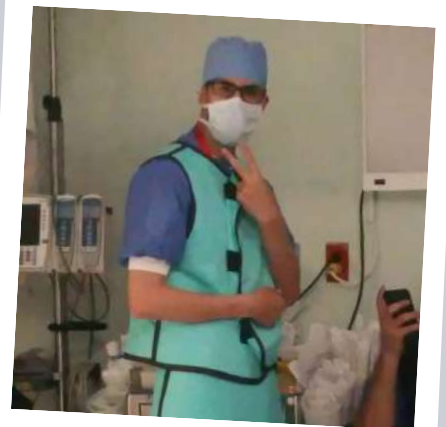




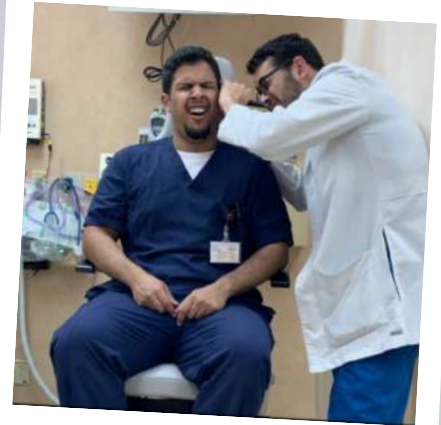


















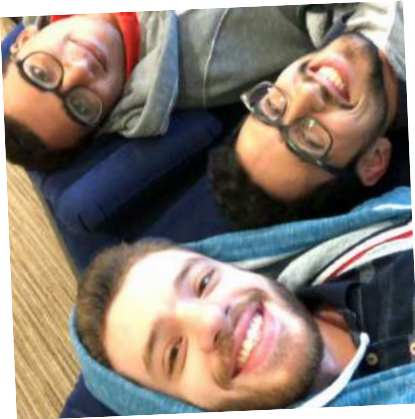








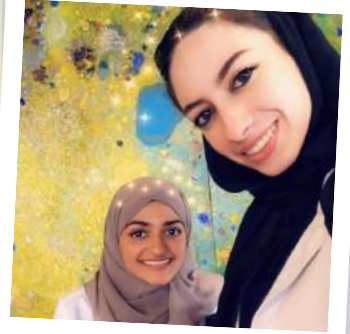














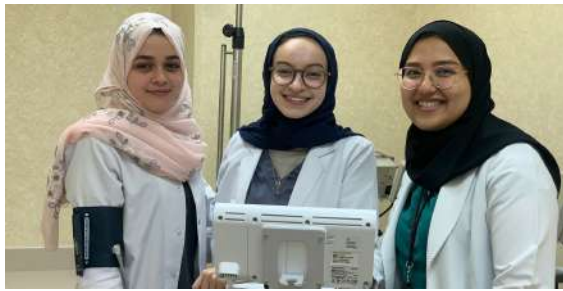












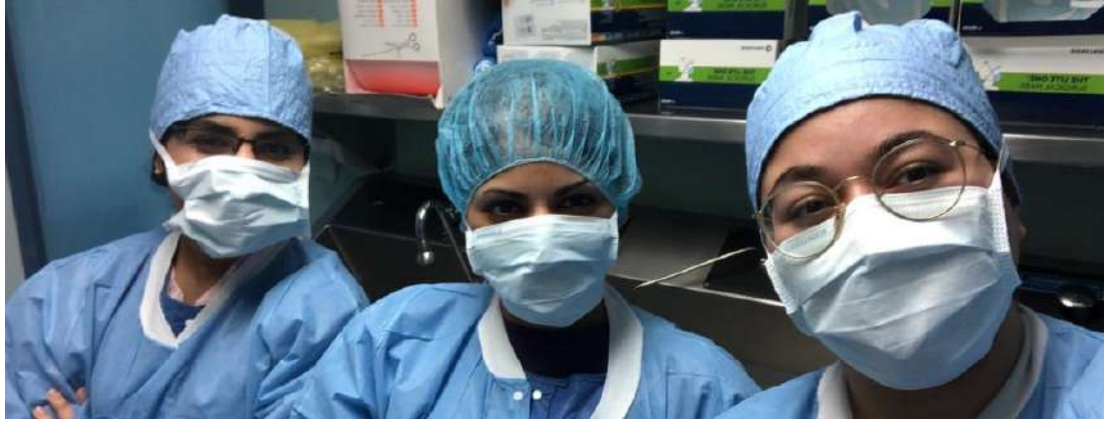














# The End of an Era

*Maha Hameed*

Rollercoaster; noun: a railroad having a train with open cars that moves along a high, sharply winding trestle built with steep inclines that produce sudden, speedy plunges for thrill-seeking passengers. Synonym: Medical school.

The first few days in the College of Medicine are undoubtedly some of the most confusing days of your life, that is unless you've done UPP and already know your way around. First comes the search for the auditorium, which you will probably confuse with the female theater for the entire initial semester. An orientation is then conducted by a friendly group of second to third-year students, who unbeknownst to you, will be your lifeline for the next 5 years. Along with this orientation; you will walk past the ever-expansive food court, the reception areas famous for their comfy couches, and the oddly named meeting spots called Switzerland and The Red Zone.

The anatomy lab in the basement is another crucial stop in this tour. Seeing the cadavers for the first time can induce a spectrum of effects from those fainting on sight, to the slightly more eager ones dissecting till 9 pm. A shared experience for everyone, however, will be the reaction to the formaldehyde that your eyes will have. That distinct smell from the cadavers is something that never really goes away either.

Another area you will be shown, of course, is the lecture hall. This is where you will be greeted with bags upon bags being spread out over the front rows at 7 am, because nothing says consistency like booking seats at Fajr for 3 years straight. Fear not, for the floors towards the back of the class are extremely comfortable to sleep on. Although, it would probably be best to make sure that you're not in a direct line of sight of any of the profs before attempting this. If by chance you've managed to pay attention in every lecture, you will experience a number of highly memorable moments that become ingrained for life.

From Dr. Moni's emphasis on the sarcolemma, Dr. Ani's pet phrases like "pool party for osteocytes", Dr. Raihan's glee at the opportunity for a pun at an RBC's expense, to Dr. Zafar's love for calling all histology slides beautiful. Not to forget, of course, Dr. Botta's enthusiasm in teaching microbiology that helped get us through POD and Dr. Ali ending every lecture with 'The End' in a new language. There are countless moments of such which will accumulate over pre-clinical years just by attending the lectures. So far as to have repeats of the same episodes during clerkship, like being called out by Dr. Atif for him not throwing out sleeping pills for you to drift off on.

Electives can switch up your average days by ending them at 7 pm rather than the usual 12 pm, for multiple days a week. Essentially, this long downtime can be pretty ideal for being involved in MSA activities, research, or continuing exactly what you were probably doing the rest of the day anyway; relaxing. The electives can also be an excellent opportunity to bring change into your day. Listening to something less scientific, like medical ethics.

Attendance methods for the lectures will tend to evolve with time as well, you might start by leisurely signing a paper that has everyone's name on it from the comfort of your seat. To later, having this process involve running to lecture halls from the cafeteria to get there in time to be called out for manual attendance, then having to run back again a year later for electronic attendance to scan the QR codes in time (unless Mr. Muntaser is reading this, in which case I totally have not done this). Truly, a sight to behold, an entire batch recreating the Lion King by holding their phones up in the air.

At some point, coffee will become a daily necessity to keep up with the workload and stress of staying awake despite countless sleepless nights of watching Netflix. Fortunately, there is an endless supply of coffee available at



every corner in the university ranging from vending machines that have seen people progress from hot chocolate to espressos within the same year, and of course, the Starbucks and café's that have a clearer line than you probably will with your coffee intake.

Third-year will no doubt cause a permanent increase in your baseline cortisol level, to a point where you will probably look back at it as "that one really traumatizing year". The library will now become a primary destination, and the act of reading slides only the night before an exam tends to not yield the same efficacy as it had. Constant exams will be happening on a weekly or biweekly basis, with what feels to be testing every single system that you've done until now on an incredibly detailed level. Consequently, third-year is also the year where things finally start to make sense. It will no longer feel like you're trying to memorize random pathology and pharmacology words to regurgitate onto an SAQ paper, rather it's as though connecting pieces from each system together as part of a puzzle for a bigger picture.

It's all uphill after third-year really, with clerkship being a breath of direly needed for fresh air after the previous year's PTSD. Being in the hospital gives you the actual experience of seeing what you've been cramming for years. Getting the chance to attend surgeries with Fairouz playing in the background, visiting some of the pediatric patients that you relate to the most in the hospital, and having a much more flexible and practicable schedule to work with, in general, are huge plus points here.

Compared to preclinical years where the biggest stress is exams, clerkship will be a transition to physical, emotional and mental stress as a whole. The 7 am morning reports, morning rounds, clinics, surgeries and teaching sessions tend to get physically draining from the constant shift from one side of the hospital to another every couple of hours. In addition to being mentally stressed when trying to ensure that you are able to understand and answer impromptu questions being asked for evaluations. Worry not, consultants tend not to expect much out of you or at least that's the

effect that tripping on air in front of them has as I've come to realize.

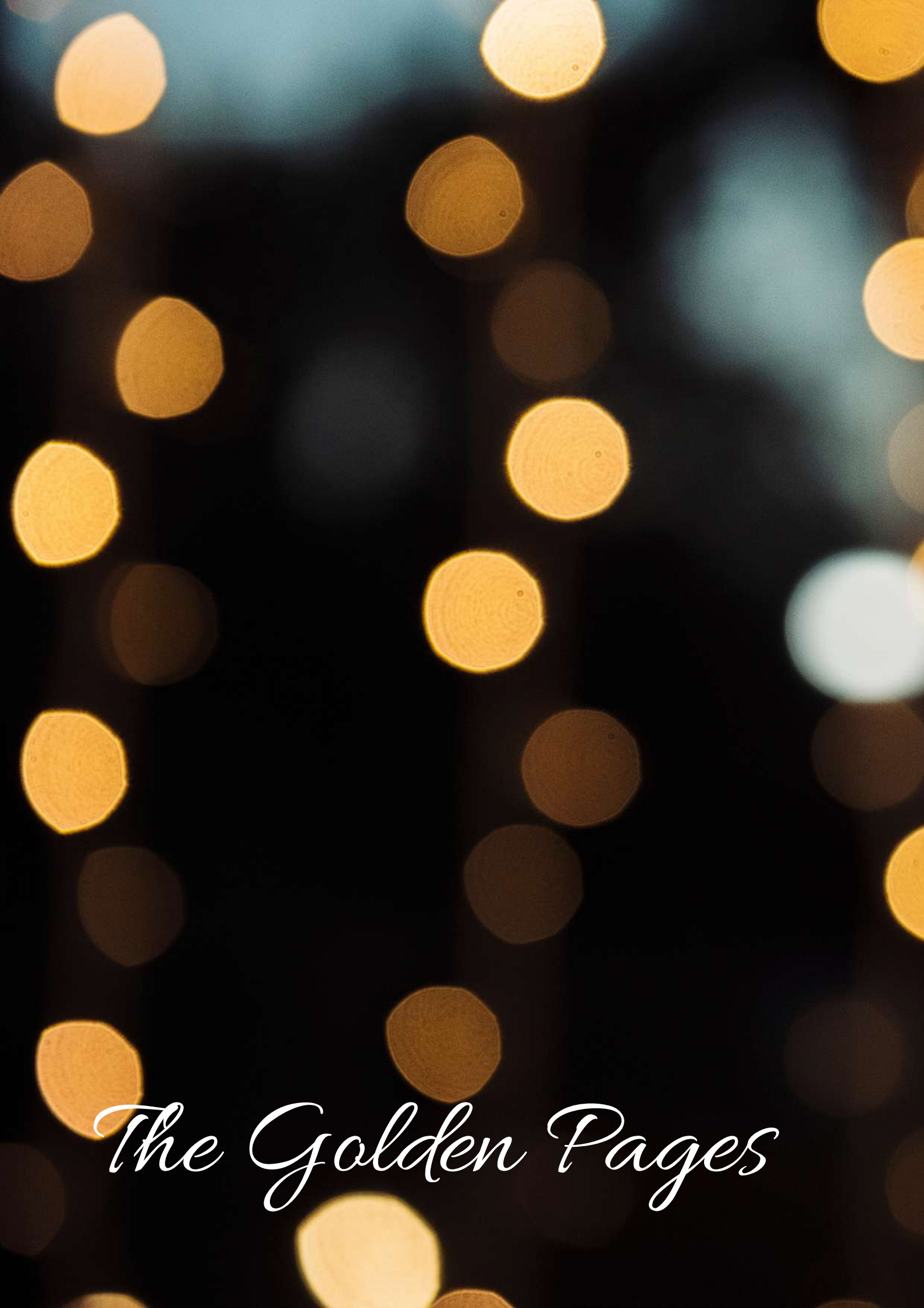
There's a much more serious underlying tone as well during clerkship, as there will be patients with intractable diseases that you will come across frequently. These can range from newborns in the NICU with malformations, pediatric patients with leukemia that are unresponsive to bone marrow transplant therapy, or adults with stage IV cancer. Maintaining a balance between showing empathy and ensuring that you haven't internalized every emotionally striking situation can be challenging if you aren't aware of it.

At this point of medical school, you've probably started seriously planning and studying for board exams, whether that be for the USMLE Step 1, PLAB 1, SMLE, etc. This is where the stress of building a strong residency application starts to kick in. Fifth-year tends to be the year in mind for these exams, although that's pretty much where it stays for most of us. In theory, the best time to give a board exam is just that, a theory. As time passes, you're able to estimate better about how long you individually will take to be fully prepared for an exam. The best mode of action would therefore be to stick with your own plans and not hold yourself to a standard that others think is better.

Graduation is, of course, a highlight of this entire adventure. The moment you've been working towards for the past half-decade to celebrate your achievement of getting through the extensive exams and being somewhat qualified on paper. This is also the moment you realize that the future is full of uncertainty and can go either way, regardless of what you've got planned already. An incredibly unexpected example can be a global pandemic that ends up getting your graduation cancelled a week before it's to occur.

Regardless, having spent 5 years here, one finally gets to become what first-year medical students attempt to look like: A doctor. In which case, the rollercoaster ride is pretty worthwhile.



The background of the entire image is a dark, almost black, field filled with numerous out-of-focus, circular light spots. These spots, known as bokeh, vary in size and brightness, with some appearing as sharp, glowing golden-yellow circles and others as softer, more diffused patches of light. The overall effect is a dreamy, ethereal, and warm atmosphere.

# *The Golden Pages*





*The following pages contain some of the achievements of Alfaisal medical students over the past few years. This does not include all the great achievements by our students, but we tried our best to include various forms of accomplishments to encompass the complexity and exquisiteness of Alfaisal students.*

*Special credit goes to Yara Hani for first presenting this idea in 2018-2019..*



# SMILE

*Feras Ataya*

On the 26th of February, 2013, a young warrior by the name of Farida tweeted; "Smile... You are still alive, and have a chance to pray and ask Allah whatever your heart desires, and ask for His forgiveness, and vent to Him your woes... Others wish they were in your shoes. So, smile. You're blessed."

Two days later, on 28th of February, Farida succumbed to her cancer, and passed away. When the late Dr. Mohammad Al Sadoon was browsing twitter, he came across her tweet and upon reading her story, he found out that Farida would support cancer patients and encourage other young cancer fighters despite her suffering. She would draw smiley faces on the bandages engulfing the small hands of younger cancer patients, with her intent being to urge them to smile.

Farida made it a priority for her to become a role model for younger individuals facing the same battle that she is. Thus, Dr. Mohammad Al Sadoon decided to establish SMILE You're Blessed. Moved by the way Farida supported fellow cancer patients, SMILE "aims to fulfill cancer fighters' needs through creating a supportive environment that helps enhance the quality of their lives, and positively reflects on their treatment outcomes."

Cancer is a tough disease to manage as a doctor, and lest we forget as a patient. Not only are new genetic mutations the leading cause of cancer development in all age groups, each case differs radically, and as a consequence, most treatment methods available involve a holistic approach that is very difficult for the patient to experience. Chemotherapy, radiotherapy, and surgery leave these resilient fighters emotionally exhausted, fatigued, and weak. Their willpower depleted, sometimes cancer patients may often refuse further treatment in fear of going through the treatment plan again.

SMILE hosts events that are "educational, entertaining, encouraging, and enabling" for these young warriors, provides support centers to make their service more accessible to hospitalized patients, develops professional courses in cancer patient support to ensure maximal fulfillment of patient needs, and organizes public awareness projects through seminars, courses, workshops, talks, campaigns, and publications.



They have grown from a humble 31 volunteers in May 2013, to more than 500 volunteers today. SMILE has been able to support 1500 young cancer patients, and as of 2016, the group has organized or participated in more than 71 events. Impressively enough, despite their busy schedule all year round, SMLE has also initiated "The Effects of Cancer on Mental and Psychological Status in KSA," a cross sectional study in King Faisal Specialist Hospital and Research Center, in conjunction with King Abdulaziz Medical City.

*Has SMILE influenced your growth as a person, as a student, and as a future physician in other aspects?*

"The humanitarian aspect. The being a doctor aspect. Because, medicine is all about being humanitarian. So, as students, we know books. We deal with books. We know diseases from books – we don't see them; we don't see how they affect the life of a patient. But when we joined SMILE, we knew that this disease is not just a disease. It is a disease that affects their lives, their loved ones' lives, their family's life. If the doctor was supportive to the family, they would feel better. They would get treated better. I guess they would accept the medication better. It helped, let's hope, in being a better doctor, because as I said before, if someone had 50 patients a day, he would not care about 50 people. But after joining SMILE, I found out that we have to care about every person, because every person is a different story. Every person is a different case. We have to care about them. They look to doctors as their super heroes, or saviors. So, if we don't treat patients as their only hope, I don't think we deserve to be doctors."

*What makes SMILE unique in the Alfaisal extracurricular environment?*

"I guess what makes SMILE unique is [that] they're one family. Since year one I joined every single club you could ever think of in Alfaisal. Even Med Times! I was the head of the photography team in Med Times for three years. So, I joined every club in Alfaisal; I joined a lot of initiatives, and a lot of clubs outside of Alfaisal. The only team I felt like family in was SMILE. A lot of them are really good, they are awesome, and they are doing a great job, but at the end there is this special feeling, this special touch from SMILE. So, all teams work as a family, they don't see this thing as their job. They see it as their, let's say, hope. They are dedicated to it by their humanitarian side. I guess SMILE is very special because it is one family, there is not a single person in SMILE that does not feel like he belongs to this family."

# ATP

*Rona Boukai*



The story of ATP is one of two fourth year medical students who had the passion of sharing knowledge with the community around them. When Mohammad Abduljabbar decided to run as head of Growth and Development, he wanted an idea to promote himself for the position. He thought of developing a YouTube page to share information but had no clue how to. He decided to approach his friend, Anas Idris who was more than open to the idea and was equally as passionate about it. Both of them started brainstorming ideas and their main aim was to turn the PAL sessions, that are given at the university, into something students can access easily at any time they wished.

Anas and Mohammad agreed to make the videos 5-10 minutes long and divide the work between the scriptwriter, voice over, illustrator, and video editor. They also reached out to Abdullah Tajeddin, who is the mastermind behind the video art. The first video they posted, Introduction to Microbiology, was entirely done by Mohammad, Anas, and Abdullah as they wanted to estimate the amount of work to be done before allocating it to the other members.

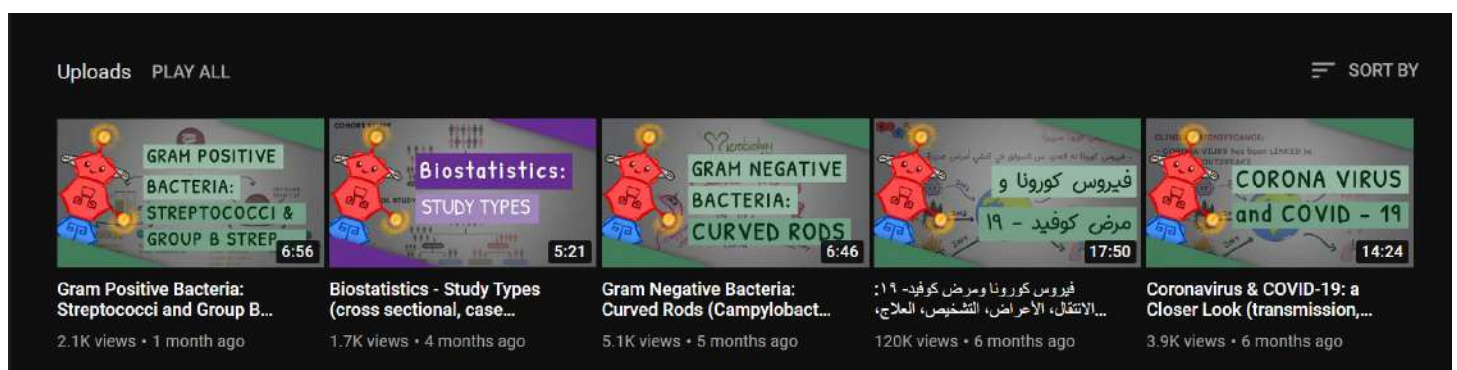
They discovered that the script needed to include everything that was to be drawn and spoken in each scene which was something they were not aware of at first. Every member is given a topic and they prepare a script for it, then it is passed on to the illustrator, then to the voice over team, and finally to the editing team. Mohammad and Anas themselves edit the video by splitting it between them. Therefore, they focused on maintaining a balance between their studies and their YouTube page by posting one video every month, giving enough time for everyone on the team to do the same.



When ATP was first launched, the team received many positive comments and energy from everyone including their professors. They used social media platforms of the MSA to gain an enormous audience. After a month of hard work, the video was presented to Dr. Akef Obeidat who was impressed by the hard work they put in making the video, gaining approx. 163,170 views.

Having an educational channel comes with great responsibility as many students come across the video and the information should be authentic. The sources that Anas and Mohammad usually use are First Aid USMLE book and the Kaplan book. Trusted articles and books are then used to validate the information being put in the video. "Consistency is the key to success" and this is the motto Mohammad and Anas run their channel by.

Currently, the ATP channel has reached a total of 28 uploaded videos, 44.9k subscribers, and 1.852 million views. The team has future plans for their page, intended to further develop and grow their platform.



# BLACK BOX

*Museera Khan*



## THE NEUROSCIENCE BOOK

The Neuroscience summary book is a high yield outline of the lectures taken in the neuroscience block that aims to serve as a concise reference for all the blocks taken in 1st and 2nd year. The authors of the book are the Black Box team: Samah Idres Ahmed, Amira Mohammed BaJubair, Aya Arwadi, Sana Om Albachar Almairi, Shatha Hussein Alsamawi, Forat Obaid Alshhada. The inspiration behind the Black Box team comes from the black box that is placed in airplanes as a valuable evidence in case of any incidence. The major goal of these creative and hardworking students is to help as many students through the challenges they face in their academic years and to benefit themselves by reviewing the material.

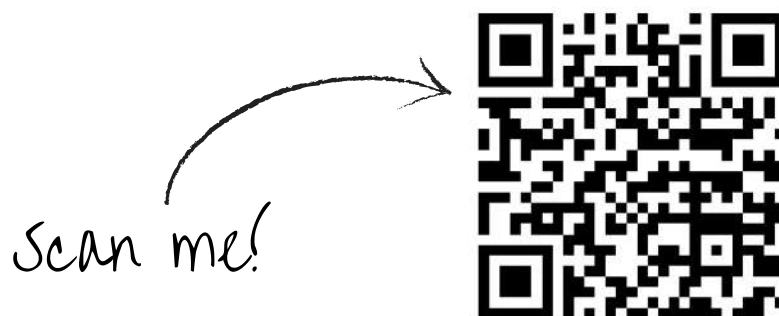
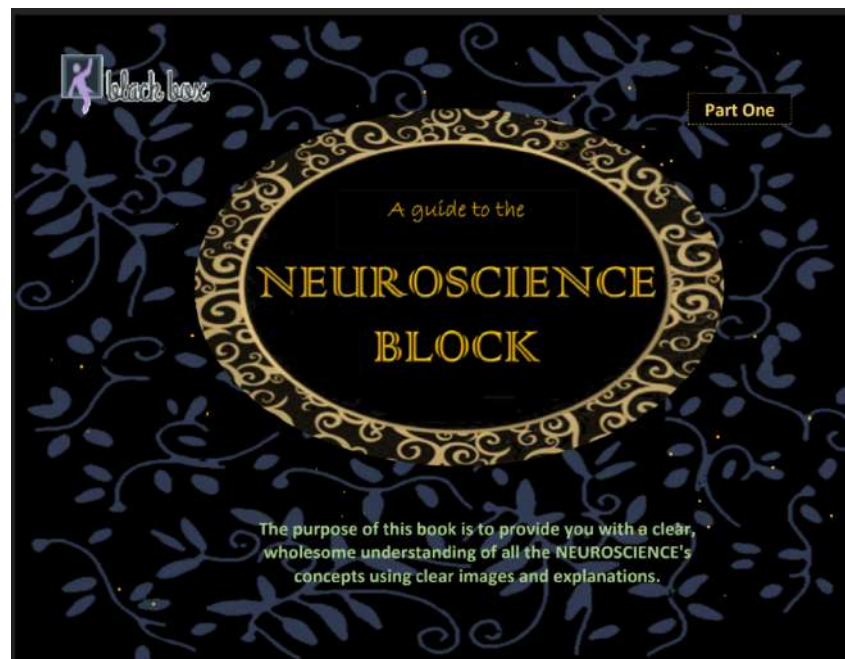
The first book by the team, the neuroscience book, is divided into two parts due to the immense information given in the neuro block. The first part contains basics of anatomy, histology and embryology, while the second part is more focused on microbiology, physiology, and pathology. The books will cover most of the lectures except a few, such as pharmacology, which are available on the Facebook page in pdf form, for the purpose of keeping the books affordable for students. Each chapter is accompanied with a special section labelled "My Clinic" for related clinical scenarios to test their knowledge.

This project was supported by Dr Khalid Alkattan who encouraged and gave permission for this book to be printed and distributed among Alfaisal students along with Dr Akef Obeidat who supported the project. Dr Khurshid, a supporter of this project also matched the level and enthusiasm of the team. He provided guidance throughout the entire process of the making of the book, ensuring all the information is accurate and worthy of recommendation to students. The book was read and reviewed by Dr Ahmad Yaqinuddin and Dr Abdulahad, along with Dr Ali Khairabi who also provided great advice and guidance to the students on writing the book.



The Neuroscience book is the first step of the Black box team, who wish to turn this initiative into a club and expand their collection to include student authors from different colleges at Alfaisal and turn this into a resource provided for all Alfaisal students. The Facebook page is planned to be the platform of interaction with the readers by providing further summaries and updating readers with updated information, insuring no one is unsatisfied or left out.

Lastly, the authors would like everyone to know that they tried their best and provided all the knowledge they have gained into easily understood chapters for the ease of the students. This project was a delight for them to conduct, and they are proud of their achievements through the launch of this book. This book is the beginning for the Black Box team and is hopefully an enjoyable experience for our juniors.



# INTERVIEW WITH ZAINAB IFTIKHAR

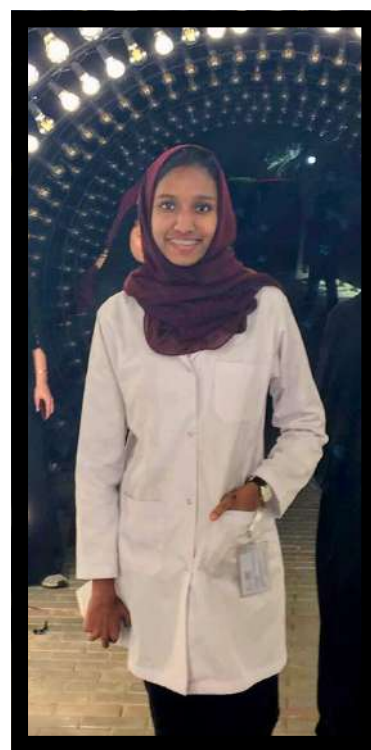
*Maha Hameed*

Humanitarian. Many of us consider being a humanitarian as a full-time job, however the reality is much different. It is more than possible to help the destitute or the underprivileged while going about our busy daily lives. One good example of this would be of Zainab Ifthikar, a 4th year Sri Lankan medical student at Alfaisal University, who has gone above and beyond to achieve her philanthropic goals.

In her teenage years, she would accompany her mother who was an avid participator in social work and community services devoted to helping those in need. One thing that resonated with her from amongst all of their stories was that they all shared a common factor; poverty. Poverty, Zainab believes is like a hub for all of the violence and atrocities in our world. Many books have already touched upon the numerical and statistical aspects of poverty, however she wanted to go behind those numbers and address the feelings intertwined with poverty. Hence, during the summer break of 2015 in August after giving her IGCSE exams, she published her first book called "Poverty is not Passivity" at the age of 15 in Colombo, Sri Lanka then followed by a felicitation event that brought the book to Saudi Arabia.

She tries to explain through her book that when we look at a destitute person or an underprivileged family, the first emotion that we sense is passivity, meaning to say that they are passive as they cannot come out of that situation. Yet, Zainab believes that the poor have the strength and the stamina to fight their battles out and more than sympathy, that it is empathy that we need here to share those feelings. To give them that strength and to be there for them, since in many places in the book she blames the spectators for not reaching out to these people in terms of words or financial support. It is silence she believes, that is pushing them into the dark.

After publishing her book, a year later she launched her own non-governmental organization in 2016 known as the MEI foundation, which stands for Motivation, Encouragement, and Inspiration (Instagram @\_mei\_foundation\_). Through this NGO, she sought to take her book to the next level by implementing what she preached. One of the significant programs under this foundation is the Renal Failure Awareness Program established towards the beginning of 2017.





In 2002, there was a severe water contamination issue erupting in the North Central provinces of Sri Lanka during the civil war. Subsequently, there were a lot of cases of renal failure patients flooding the biggest district of Sri Lanka, Anuradhapura which she became aware of in 2016. In response to this issue, the project was aimed at facilitating the renal failure patients' day to day lives including commuting services to help them get their dialysis, lessen their overall burden, provide them with a source of clean drinking water and improve their quality of life. Her program was so well-received, that the Sri Lankan news channel ITN, which had been following the story of renal failure in Anuradhapura from the grassroots, also later aired her involvement.

Zainab was also nominated for the International Children's Peace Prize in 2017 by the Kids Rights Foundation. She considered that nomination to be a great opportunity to spread her message and ideas and to keep pursuing her goals so that other children would have a better chance at life.

In 2019, whilst being a 2nd year medical student, she authored and published her second book, titled "Panacea Is Possible," which was launched at Alfaisal and the first copy was received by Dr. Akef Obeidat, Vice Dean of Quality Assurance & Accreditation. The book was largely based on the renal failure project, discussing what has been done through the project and the hardships of the people she witnessed when she visited Anuradhapura. For instance, one chapter narrates the story when she visited the Anuradhapura teaching hospital, which she describes as "being able to see where the IV lines were connected, hearing the monitor beeping, with every beep saying that you are alive", and they were all "in their little cocoons in a cold room, thirsty for a stroke of amity." Accordingly, in the second book she talks about the patients and the suffering that they are going through and what we can do for them.

To be able to accomplish all of this in life Zainab says, she needed two things: passion and her parents. Her passion for philanthropy, stemming from her guilt of not putting her helping hand out there, as well as her passion from early childhood to become a doctor. She liked that becoming a doctor could give her an access point to humanity whilst feeding her love for knowledge, so she wanted to achieve academically. More-so because both of her parents who inspired her with an upbringing that taught her to believe in equality of opportunity. She was determined to balance both, academics as well as her humanitarian activities which she admits was difficult but manageable.

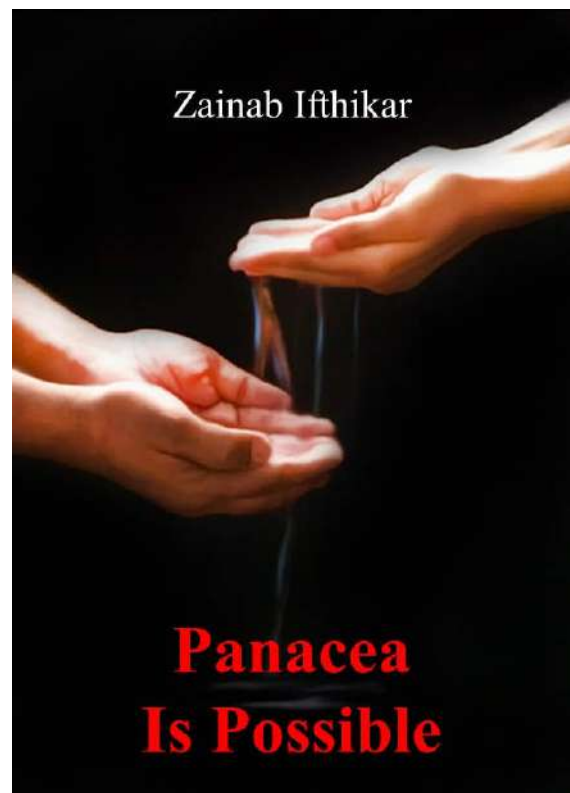


Philanthropy as she explains, is basically the act of giving, of sort of drawing of one's self to someone else. Philanthropy could materialize in different forms, which doesn't necessarily mean spending from ones' pocket, but could also be in the form of spending time with elderly or disabled children or going to an orphanage. Philanthropy is anything and everything that can be considered as being a humanitarian beyond its small mere definition. This idea is the basis of her book, awareness program and her visions and passions as a whole.

After Zainab came to Alfaisal University, she joined the Be Express speaking event in first year where she talked about her dream of writing her book and also joined the Alfaisal MUN society. Later on, at the University of Toronto Alumni Meet 2017 at Alfaisal, she was given the social accountability award. She has also participated in events such as Open Mic Night and the 2018 MedTimes gallery winning both in writing and photography. Most recently, she had headed the Sri Lankan booth in the Alfaisal 2019 Cultural Day, and together with the other members and their families' great efforts they won first position.

Zainab has also been an active member in the International Office at College of Medicine. She has partaken in several research ventures, namely travelling through the SPIRIT program, as well as participated in local research projects. Her future plans include pursuing Internal Medicine while working in parallel with her ongoing programs under MEI.

Finally, she wishes to convey a message to all youngsters. Many youngsters out there feel inadequate or not enough for society. Society will keep putting out rule, but your potential is what makes YOU special. Every human is born with a unique ability, and the only thing that is lacking is that society does not seek them out. She ends saying: "To believe is to become, so believe in yourself fiercely and be unapologetically YOU; just remember to sprinkle it with a little kindness and smile compassionately along the way."





# INTERVIEW WITH ALI MUSHTAQ

*Rona Boukai*



Ali Mushtaq, a third year medical student at the time this interview was conducted, is looking to pursue a career in Internal Medicine in the future and, hence, is part of many researches revolving around it. He initially heard of the King Saud Bin Abdulaziz University for Health Sciences (KSAUHS) Convention from his friend, Khalifa Alenezi who was persistent about him joining. The convention covered oral and poster presentations from many fields in health sciences and was mainly student oriented.

Ali opted to do the Poster presentation as it enabled him to be more creative with his content. He gave a presentation on Atrial Fibrillation, a topic he researched about in the summer through the SPIRIT Program. The timing of the Convention blended well with the university schedule since he didn't have any upcoming exams so he could give enough time and attention to the project.

One of the obstacles Ali has always wanted to overcome was his stage fright so he chose this as a chance to put himself out there. His first experience on stage was when he taught in the PreMed summer program as a tutor for which was awarded the best tutor award. It was after the positive feedback about his teaching, that he decided to apply for leadership positions in the MSA to make himself better at communicating with others and improve his interpersonal skills. All of this contributed to the way he presented a very advanced project at the Convention.

When Ali's name was announced as the 6th place winner at the Convention, his first instinct was denial and he was "shaky and nervous" all the way to the stage where he received his prize. Standing at the stage, he realized how small his fears were and how he had conquered them. And for this success, he would like to extend his gratitude to Dr. Suleman and his friends, who are his constant supporters

Ali strongly believes in the saying "You gotta risk it to get the biscuit". His advice to students who are looking to achieve something is to be different and get out of their comfort zone. It is important to believe in yourself and surround yourself with people and thoughts that push you to continuously strive and be a better you.

# INTERVIEW WITH ALANOUD ALBEKAIRI

*Feras Ataya*



A young girl, no older than eight, cruising her crayons on those ruled sheets – doodling – watching the colors play on the white paper field when she suddenly hears echoes of familiar footsteps, beckoning her away from her sketch. Instantly she recognises it's her uncle. She quietly tip-toes behind him, watching his hold a fresh canvas in one hand, and a set of painting tools in the other.

In a graceful sweep, her uncle assembles the canvas on the easel, squirts the paints onto his palette, and with a sweep of his brush, a gorgeous sapphire sky shines across the once desolate canvas. A look of astonishment dominates her face. Alanoud is in awe.

Peeking through the narrow door frame, she cannot take her eyes off of the effortless with which her dear uncle paints a piece worthy of the Louvre. It was at that moment that she fell in love with a world that knows no horizons, the world of art.

Today, Alanoud is a young woman enrolled in Alfaisal's medical program. A future humanitarian, physician, and scientist, she remains deeply rooted with a strong admiration for art that she inherited from her uncle years ago. She has utilized the countless opportunities Alfaisal provides for students to showcase their talents, with the most recent being the Art Gallery, held in conjunction with Skin Expo.

Her piece was met with fierce competition from a many fantastic artists, all having poured their heart and soul into their work. However, Alanoud stood out. The technique of her execution is simply amazing. Whatever constrains our imagination, Alanoud has the uncanny ability to completely demolish.

Yet, modesty kept her oblivious of her exceptional talent, and she was shocked at having won the art competition.



She says: "...when I first saw the emails sent, and the Skin Expo call for artists type of advertisements, I did not pay much attention to it actually. I wanted to, but you know, I got busy and stuff. And then, actually Dr. Raihan talked to me. He told me that you have to – no, he asked me if I was going to, like, participate in Skin Expo, and that he will be glad if I did. And so, I thought of it again. I read more into it, and I really liked the themes they gave in the forum."

Artists are often spread across a spectrum, with the architect on the extreme right, and the gardener on the extreme left. The architect plans the piece in advance, detailing the intricate details before resting his or her brush on the empty canvas. In contrast, the gardener is armed with a paint brush, a vivid imagination, and the most basic outline of the subject he or she intends to portray. When asked where she lies, Alanoud proclaims "I think I can be both depending on the piece I am doing. Like, some pieces need a little bit of planning ahead. I can look at the canvas, imagine things going on, and then do that. Execute. But, other pieces I do not even think, I just open my iPad if it is a digital piece, or my sketchbook if it is on paper, and I just draw. Sometimes I think of something, then it becomes something else completely. Like, completely different. So, I can be both."

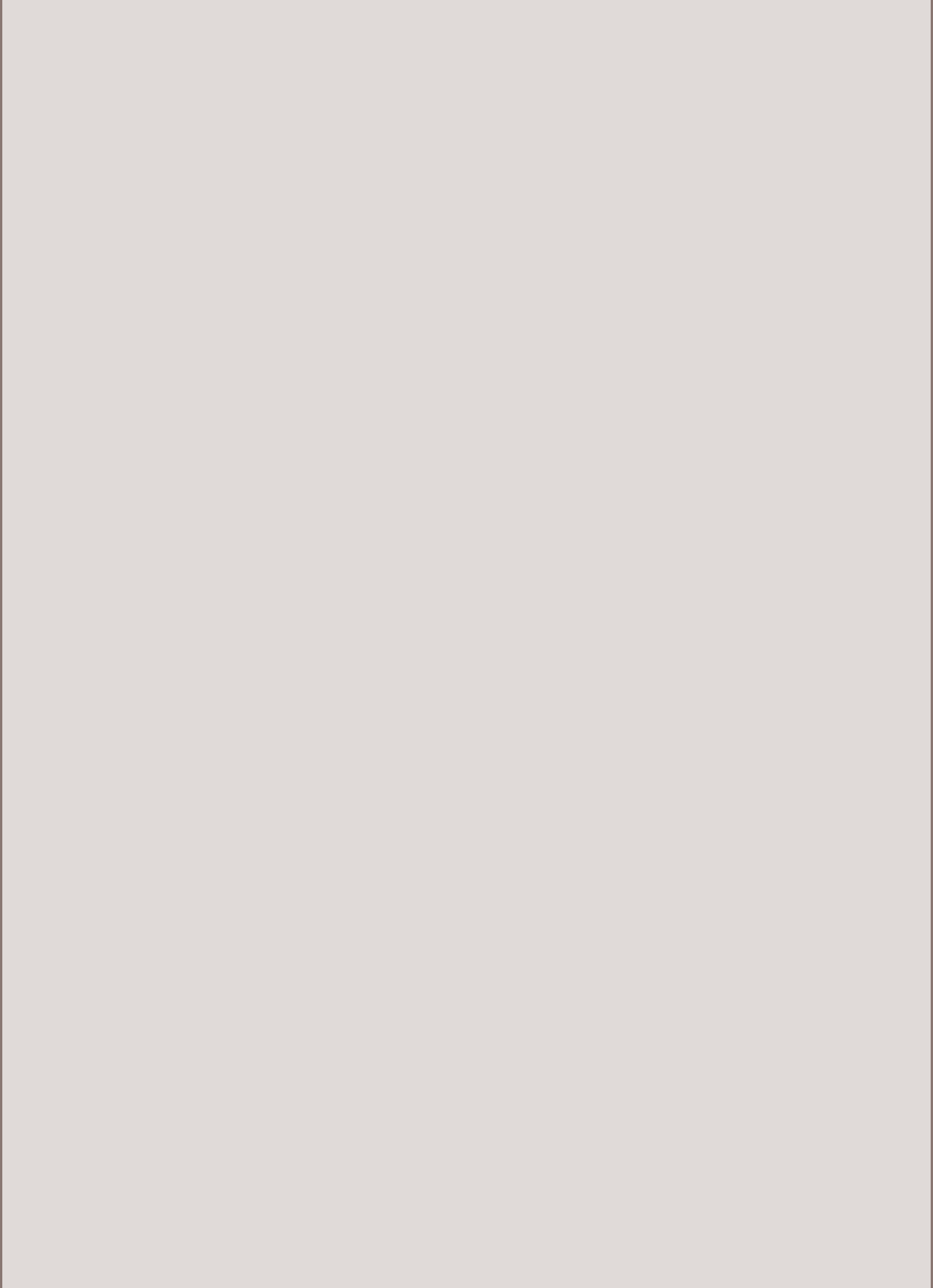
The Mona Lisa captivated the world with her mysterious smile. Similarly, Alanoud leaves hidden meaning in her pieces, and this leaves individuals to decide for themselves. Upon being asked if she has come across a perspective, she liked more than her own, Alanoud said "I actually did. When I drew the piece, the last piece I did which was for Skin Expo, I actually drew the little stones falling from the hand, and some people saw that as planets, because I had the space background. So, I actually liked that too. It felt [like] another deep aspect of the drawing, which I really liked."

Alanoud shares a glimpse of her persona when she posts her new piece on Instagram, or presents it in a formal setting as she did during Skin Expo. In the eyes of most, she is blessed with raw talent that allows her to express herself eloquently but she believes that art is a universal entity.

"I would like to say that making art, or doing art – you do not need a special talent to do that, or you do not need a special skill, or you are not born with it. It is just something any person, or any soul, can describe themselves through. Art is not meant to look beautiful, but it is meant to mean something. So it does not have to look nice just to be called art. If it has your feelings, if it has your emotions, if you put something into it, then it is art."

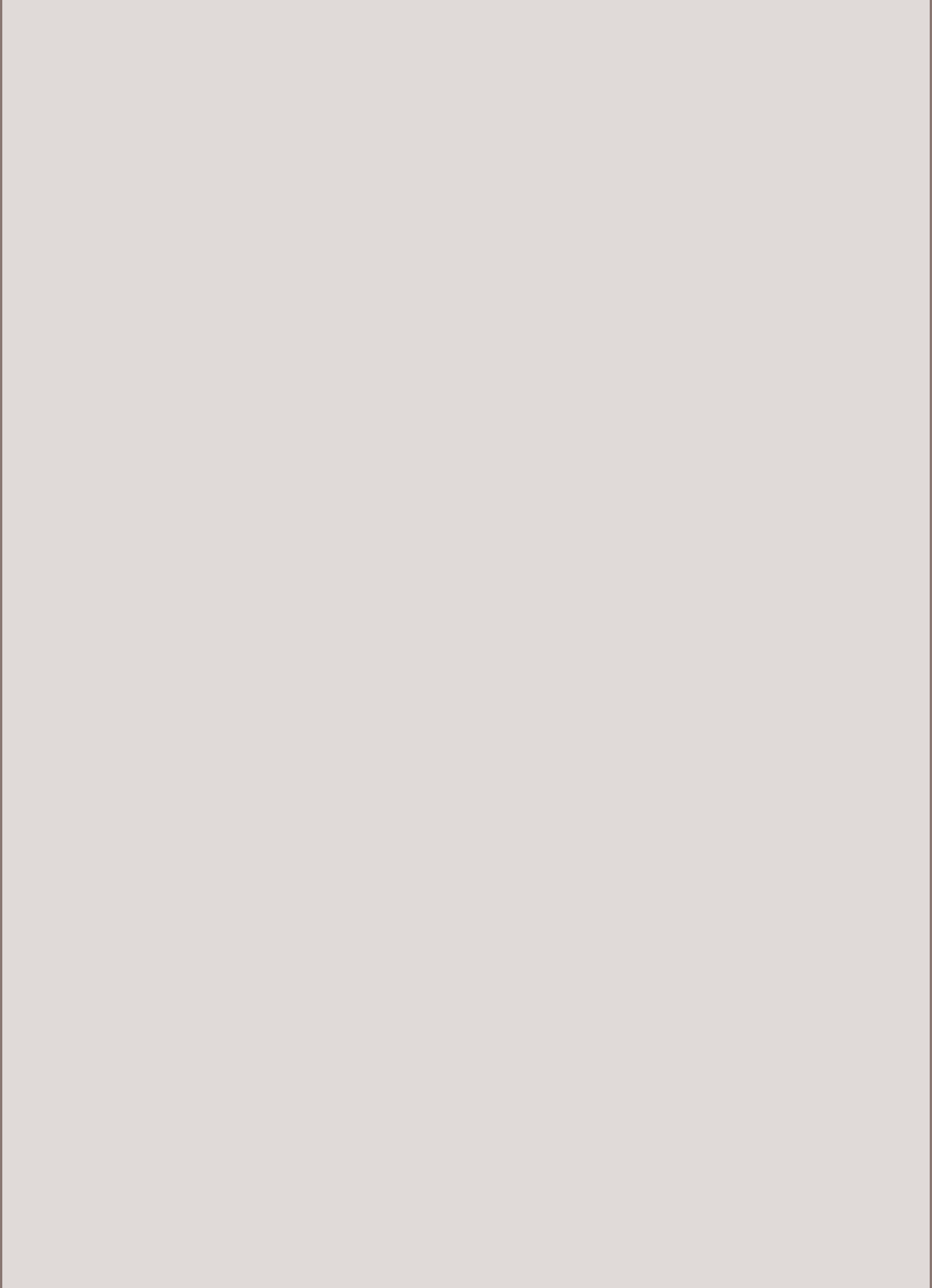


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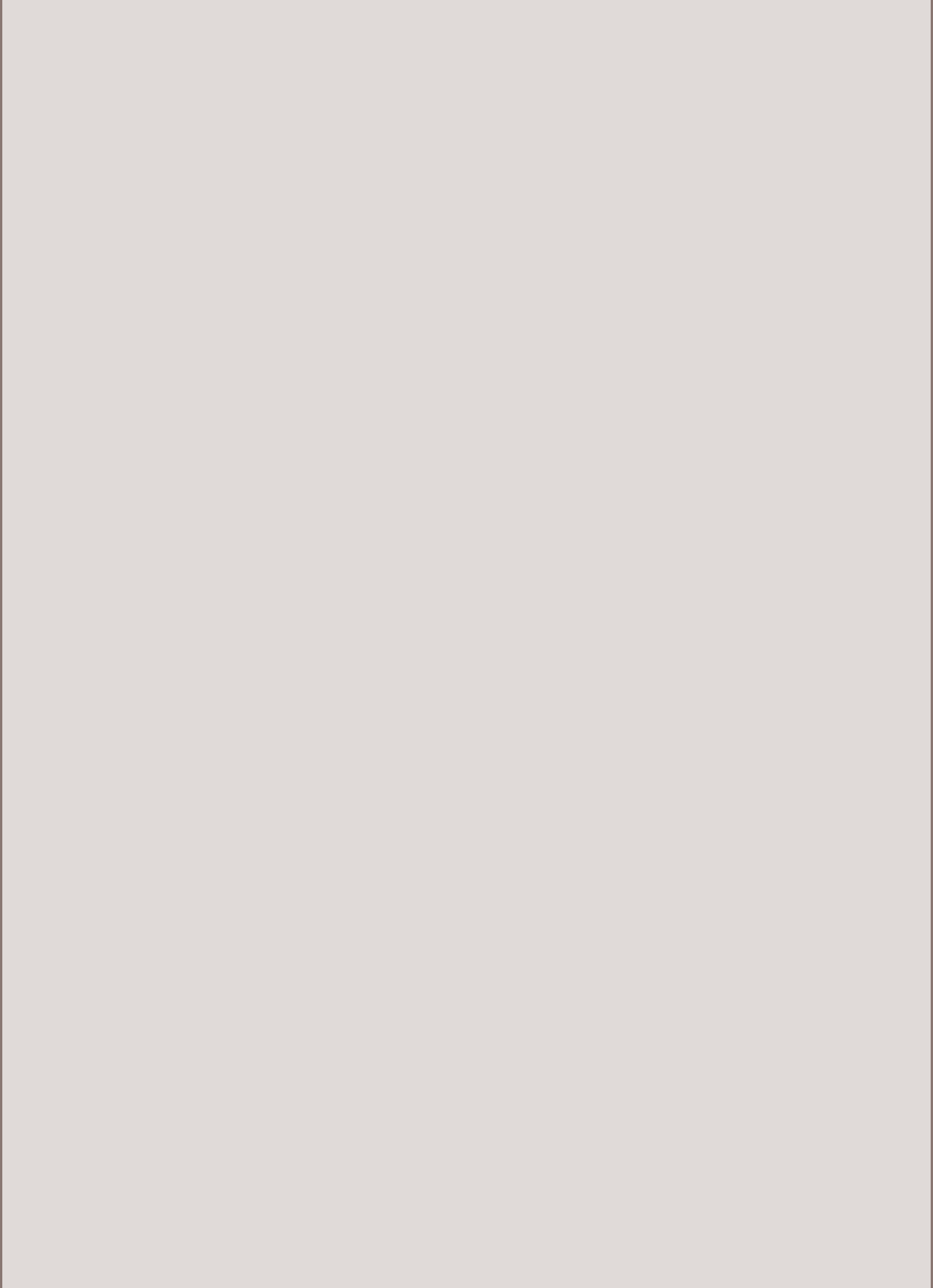




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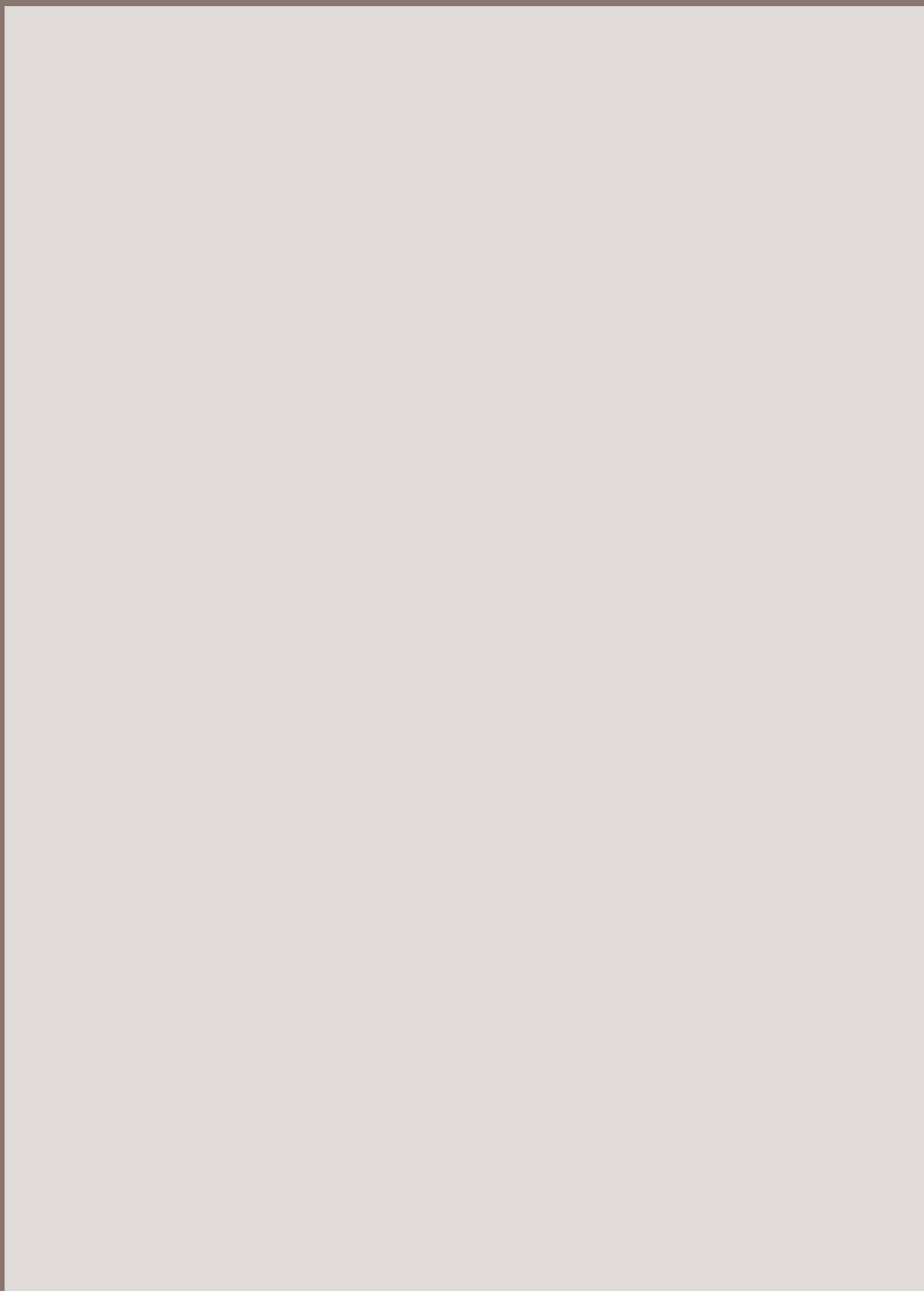


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The End



